



Wallington

County Grammar School

SPRING 2023

There are 14 major allergens that need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

Sulphites

Please find below the allergens for our main meals and puddings.

The yoghurt that we provide as an option each day for our puddings contains **Milk**

If a dessert is served with custard, it will contain **Milk**

***** Halal Suitable Dishes

WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Beef Cottage Pie *	Mac & Cheese	Cheese & Ham or Cheese & Tomato Panini	Fresh Fruit Platter or Yoghurt
	NONE	Gluten, Milk	Gluten, Milk	Milk
Tuesday	Lamb Pasta Bolognese *	Vegetarian Shepherd's Pie (VG)	Jerk Chicken Wrap with Salad	Apple & Peach Oatie Crumble
	Gluten	NONE	Gluten	Gluten
Wednesday	Roast BBQ Chicken Dinner *	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy (VG)	Macaroni Cheese	Yoghurt or Cheese & Biscuits
	NONE	Gluten, Milk, Egg, Soya, Sulphur Dioxide	Gluten, Milk	Milk, Gluten
Thursday	Braised Chicken Sausages in Onion Gravy *	Nasi-Goreng (Stir-Fried Vegetable Rice) (VG)	Pasta Pots: Halal Chicken or Vegetarian in a Tomato Sauce	Lemon Drizzle Slice
	Gluten, Sulphur Dioxide, Soya	Soya	Gluten	Eggs, Gluten
Friday	Fish *	Broccoli & Cauliflower Cheese with Sweet Potato Mash	Southern fried Chicken	Ice Cream Trifle Cake
	Fish, Gluten	Milk, Mustard	Gluten	Gluten, Milk, Egg

There is always a gluten free option available on request

(VG) Vegan Option

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Italian Meatballs with Spaghetti Gluten, Celery, Soya	Thai Mixed Vegetable Curry (VG) NONE	Halal Chicken Burrito Wrap Gluten, Milk	Fruit Platter or Yoghurt Milk
Tuesday	Moroccan Minced Lamb Tagine * NONE	Sweet Potato, Chickpea and Spinach Curry (VG) NONE	Cheesy Chicken Pasta or Vegetable Pasta Bake Gluten, Milk, Mustard	Apple Crumble Gluten
Wednesday	Roast Paprika Chicken Dinner * NONE	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy (VG) Gluten, Milk, Egg, Soya, Sulphur Dioxide	Macaroni Cheese Gluten, Milk,	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Chicken & Vegetable Casserole NONE	Spanish Vegetable Frittata with Cherry Tomatoes Milk, Egg	Halal BBQ Chicken or Cheese & Tomato Panini Gluten, Milk	Eve's Pudding Eggs, Gluten
Friday	Fish * Fish, Gluten	Vegetable Singapore Rice Noodles (VG) Soya, Gluten	Southern fried Chicken Gluten	Cheesecake Gluten, Milk, Egg

There is always a gluten free option available on request

(VG) Vegan Option

WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	Braised BBQ Pork with Rice NONE	Cheese, Tomato & Spinach Pin Wheel Gluten, Milk	Cajun Chicken & Salad Wrap Gluten, Egg	Fruit Platter or Yoghurt Milk
Tuesday	Beef, Onion & Vegetable Pie Gluten	Asian Noodle Stir Fry Gluten, Egg, Soya	BBQ Chicken & Cheese Panini or Vegan Roasted Vegetable Panini Gluten, Mustard, Milk	Carrot Cake Gluten, Egg
Wednesday	Mixed Herb Chicken Dinner * NONE	Vegetarian Sausage Jambalaya (VG) Soya	Macaroni Cheese Gluten, Milk	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Beef Lasagne * Gluten, Milk	Vegetable Lasagne Gluten, Milk	Pizza Gluten, Milk	Shortbread Biscuit Gluten
Friday	Fish * Fish, Gluten	Vegetarian Chilli Non Carne (VG) NONE	Southern fried Chicken Gluten	Pancakes with Fruit Compote Gluten, Egg, Milk

There is always a gluten free option available on request

(VG) Vegan Option

