



Wallington
County Grammar School

There are 14 major allergens which 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	Chicken Masala Curry * NONE	Asian Noodle Stir Fry Gluten, Egg, Soya	Cheese & Ham or Cheese & Tomato Panini Gluten, Milk	Fruit Platter or Yoghurt Milk
Tuesday	Italian Meatballs with Spaghetti Gluten, Celery, Soya	Vegetarian Shepherd's Pie (VG) NONE	Jerk Chicken Wrap with Salad Gluten	Carrot Cake Gluten, Egg
Wednesday	Roast BBQ Chicken Dinner * NONE	Vegetarian Sausage Jambalaya (VG) Soya	Macaroni Cheese Gluten, Milk, Mustard	Yoghurt or Cheese & Biscuits Milk, Gluten
Thursday	Beef Lasagne * Gluten, Milk	Vegetable Lasagne Gluten, Milk	Pizza Gluten, Milk	Marble Sponge Gluten, Egg
Friday	Fish of the day * Fish, Gluten, Soya	Vegetarian Chilli Con Carne (VG) NONE		Pancakes with Fruit Compote Gluten, Egg, Milk

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken Pasta Arrabbiata *	Sweet Potato, Chickpea and Spinach Curry (VG)	Halal Chicken Burrito Wrap	Fruit Platter or Yoghurt
	Gluten	NONE	Gluten, Milk	Milk
Tuesday	Braised BBQ Pork with Rice	Cheese, Tomato & Spinach Pin Wheel	Cheesy Chicken Pasta or Vegetable Pasta Bake	Apple & Peach Oatie Crumble
	NONE	Gluten, Milk	Gluten, Milk, Mustard	Gluten
Wednesday	Roast Paprika Chicken Dinner *	Jacket Potato with Beans, Cheese, or Coleslaw	Macaroni Cheese	Yoghurt or Cheese & Biscuits
	NONE	Milk, Egg	Gluten, Milk, Mustard	Gluten, Milk
Thursday	Beef Chilli Con Carne *	Nasi-Goreng (Stir-Fried Vegetable Rice) (VG)	Halal BBQ Chicken or Cheese & Tomato Panini	Eve's Pudding
	NONE	Gluten, Soya	Gluten, Milk	Eggs, Gluten
Friday	Fish of the day *	Cheese & Tomato Flan		Cheesecake
	Fish, Gluten, Soya	Gluten, Egg, Milk		Gluten, Milk, Egg

WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	Spanish Pork & Bean Casserole with Rice NONE	Mac & Cheese Gluten, Milk, Mustard	Fish Finger & Salad Wrap Gluten, Fish	Fruit Platter or Yoghurt Milk
Tuesday	Lamb Spaghetti Bolognese *	Pasta with Grated Courgette and Nut Free Pesto Gluten, Milk	Sweet Chilli Chicken Panini or Vegan Roasted Vegetable Panini Gluten	Apple Crumble Gluten
Wednesday	Spicy Honey Roast Chicken Dinner *	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy Gluten, Milk, Egg, Soybean, Sulphur Dioxide	Macaroni Cheese Gluten, Milk, Mustard	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Braised Chicken Sausages in Onion Gravy *	Fusilli in a creamy Red Lentil Pasta Sauce (VG) Gluten	Pasta Pots: Halal Chicken or Vegetarian in a Tomato Sauce Gluten	Lemon Drizzle Slice Eggs, Gluten
Friday	Fish of the day *	Broccoli & Cauliflower Cheese with Sweet Potato Mash Milk, Mustard		Ice Cream Trifle Cake Gluten, Milk, Egg

