

Park School Allergen Checker



Dish/Menu item Autumn /Winter 2023/24 Week 1 Any local changes to the recipes / menu will invalidate this Allergen Tracker	Wheat	Nuts	Soya	SO2 & Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals with Gluten	Celery
	Monday														
Jacket Potatoes – various fillings: Cheese, Beans, Tuna									X		X	X			
Quorn Frankfurter	X	M C			M C				X			X		X	
Vegetarian Pasta & Mixed Bean Bake	X		X									X		X	
Jacket Wedges															
Sweetcorn															
Fresh Broccoli															
Frozen Yoghurt with Fruit									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

X Contains
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	Tuesday														
Lamb & Lentil Lasagne	X		M C				X		X			C M		X	
Garlic Slice	X	M C	M C		M C				M C					X	
Lamb Tikka Masala & Rice		M C				M C	X								
Veggie Chili Con Carne (with Tortilla)	X		X											X	
Green Beans															
Fresh Carrots															
Banana Slice (egg-less)	X													X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Wednesday															
Roast Chicken & Stuffing & Gravy	X		X						M C					X	M C
BBQ Kicking' Chicken in Flatbread	X			M C					X					X	M C
Cheese & Leek Flan	X						X		X			X		X	
Roast Potatoes															
Seasonal Vegetables															
Cinnamon Rice Pudding									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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	Thursday														
Shepherd's Pie (with Gravy)			X						X						
Fish Biryani							X				X				MC
Cheese & Tomato Pizza	X								X					X	
Mixed Vegetables															
Sweetcorn															
Apple Crumble	X													X	
Custard									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Friday															
Fish Fingers	X										X			X	
Veggie Quesadilla	X	M C												X	
Veggie Dippers	X													X	
Chips															
Peas															
Baked Beans															
Fruit, Jelly & Ice Cream			M C						X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Dish/Menu item Autumn /Winter 2023/24 Week 2 Any local changes to the recipes / menu will invalidate this Allergen Tracker	Wheat	Nuts	Soya	SO2 & Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupine	Fish	Eggs	Crustaceans	Cereals with Gluten	Celery
Monday															
Oriental Quorn Stir Fry & Egg Noodles	X				M C				M C			X		X	M C
Jacket Potatoes with Cheese & Bean									X						
Thai Style Veggie Rice Bowl	X		X											X	
Sweetcorn															
Fresh Broccoli															
Raspberry Ice Cream Sponge Roll	X		X						X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yogurt									X						

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Tuesday															
Mixed Bean Wrap	X	MC												X	
Chicken Sausages	X		X	X										X	
Cheese & Potato Pie							X		X						
Fresh Carrots															
Green Beans															
Rice Pudding									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Wednesday															
Roast Chicken with Yorkshire Pudding (Gravy)	X		x						X			X		X	
Spinach & Feta Whirl	X								X			X		X	
Veggie Sausage & Yorkshire Pudding	X		X						X			X		X	
Roast Potatoes															
Seasonal Vegetables															
Pineapple Cheesecake	X		M C						X			M C		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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	Thursday														
Greek Style Souvlaki Chicken															
Ratatouille Ravioli	X	M C	M C		M C		M C							X	
Chickpea & Potato Curry with Rice	M C	M C	M C		M C		X							M C	M C
Mixed Vegetables															
Sweetcorn															
Lemon & Courgette Cake	X			X								X		X	
Custard									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Friday															
Fish Fingers	X		X								X			X	
Tandoori Chicken in a Naan	X		MC	MC			MC		X					X	
Vegetarian Sausage Roll	X		X											X	X
Jacket Wedges															
Garden Peas															
Baked Beans															
Waffle with Fruit & Ice Cream	X		X						X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Dish/Menu item Autumn /Winter 2023/24 Week 3 Any local changes to the recipes / menu will invalidate this Allergen Tracker	Wheat	Nuts	Soya	SO2 & Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals with Gluten	Celery
Monday															
Vegetable Samosa with Rice & Dhal	X						X							X	M C
Jacket Potato with Cheese & Beans									X						
Mixed Bean Quesadilla (Vegan)	X	M C												X	
Sweetcorn															
Fresh Broccoli															
Frozen Yoghurt with Fruit									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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	Tuesday														
Spaghetti Bolognese	X		x											X	
Garlic Bread	x	M C	M C		M C				X	M C				X	
Chicken Burger	X				M C									X	
Veggie Keema, Raita & Naan	X		X				X		X					X	M C
Fresh Carrots															
Green Beans															
Carrot Cake (eggless)	X								X					X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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	Wednesday														
Roast Chicken served with Yorkshire Pudding	X		X						X			X		X	
Veggie & Lentil Pasta Bake	X	M C							X					X	X
Vegetable Toad in the Hole	X								X			X		X	
Roast Potatoes															
Seasonal Vegetables															
Fruit Smoothie															
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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Pre Service Allergen Checker



Dish/Menu item Autumn /Winter 2023/24 Week 3 Any local changes to the recipes / menu will invalidate this Allergen Tracker	Wheat	Nuts	Soya	SO2 & Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals with Gluten	Celery
	Thursday														
Chicken & Vegetable Pie	X		M C				M C		X			M C		X	X
Mashed Potatoes									X						
Lamb Tikka Masala		M C				M C	X								
Sweet Pepper & Feta Frittata									X			X			
Mixed Vegetables															
Sweetcorn															
Chocolate Sponge with Chocolate Sauce	X		X						X			X		X	
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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	Friday														
Fish Fingers	X										X			X	
Mexican Veggie Burrito	X								X					X	
Cheese & Onion Slice	X	MC	X	X			X		X					X	
Jacket Wedges															
Baked Beans															
Garden Peas															
Strawberry Mousse & Fruit									X						
Sandwiches	X		X						X		X	X		X	
Fruit Platter															
Cheese & Biscuits	X								X					X	
Yoghurt									X						

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