

Week 1 Monday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Sweet & Sour Chicken			X			X								
Rice														
Prawn crackers								X						X
Vegetable Sweet & Sour			X			X								
Vanilla sponge			X	M									X	
Custard				X										

Subject to change

Week 1 Tuesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Lasagne			X	X		M		M	M				M	
Coleslaw													X	
Garlic bread			X	M		M								
Vegetable Lasagne			X	X		M		M					M	
Lemon Drizzle			X										X	
Cream				X										
Falafel Pitta			X											

Subject to change

Week 1 Wednesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Katsu Curry	M	M				X								
Rice														
Quorn Katsu Curry	M	M				X								
Naan Bread			X											
Spinach & Sweet Pot Curry	M	M				X								
Saucy Jaffa Cake			X										X	
Custard				X										

Subject to change

Week 1 Thursday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Gravy			X	M		M			M	M			M	
Yorkshire pudding			X	X									X	
Fruit Crumble			X											
Roasted stuffed pepper				X										
Beetroot Burger			X		X									
Custard				X										

Subject to change

Week 1 Friday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Fried Fish			X	X							X			
Chips			MAY											
Quiche			X	X									X	
Vegan Pulled Jackfruit								X						
Jam Sponge			X										X	
Custard				X										
Chicken Nuggets			X											
Battered Sausage			X	X										
Curry Sauce		M	X		M				X					
Gravy			X	M		M			M	M			M	
Bean								X						

Subject to change

Week 2 Monday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Chicken Balti		M							X					
Naan bread			X											
Vegetable Curry		M							X					
Beatroot Burger			X		X									
Chocolate Sponge			X										X	
Custard				X										

Subject to change

Week 2 Tuesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Marinated BBQ Chicken			X			X			M	M				
Cube potatoes														
Coleslaw													X	
BBQ Quorn Fillet			X										X	
Chocolate Brownie			X										X	
Custard				X										

Subject to change

Week 2 Wednesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Hunter Chicken				X										
Quorn Hunters				X				X						
Wedges														
BBQ Beans								X						
Sweet Pot Burrito			X											
Treacle Tart			X											
Custard				X										

Subject to change

Week 2 Thursday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Gravy			X	M		M			M	M			M	
Yorkshire pudding			X	X									X	
Corn Fillet			X			X							X	
Pear Crumble			X											
Custard				X										
Beetroot Burger			X			X								
Falafel Wrap			X											

Subject to change

Week 2 Friday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Fried Fish			X	X							X			
Chips			MAY											
Quiche			X	X									X	
Vegan Pulled Jackfruit								X						
Dessert Cake			X	X									X	
Custard				X										
Chicken nuggets			X											
Battered Sausage			X											
Curry sauce		M	X		M				X					
Gravy			X	M		M			M	M			M	
Beans								X						

Subject to change

Week 3 Monday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Chicken Stir Fry			X	X			X						X	
Prawn Crackers								X						X
Quorn Stir Fry			X	X			X						X	
Vanilla Jam Sponge			X										X	
Custard				X										

Subject to change

Week 3 Tuesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Beef Chilli			X	M		M		M	M	M				
3 Bean Chilli			X	M		M		M	M	M				
Rice														
Sticky Toffee Pudding			X	X									X	
Custard				X										

Subject to change

Week 3 Wednesday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM		Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
BBQ Pulled Pork			X			X			M					
Sweet Potato Curry		M						M	M					
Wedges														
Custard				X										
Cornflake Crunch			X	X										
Quorn Fillet bites			X			X								

Subject to change

Week 3 Thursday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Gravy			X	M		M			M	M			M	
Yorkshire pudding			X	X									X	
Melty Cheese Pie				X										
Roast potatoes Paprika														
Chocolate Brownie			X										X	
Custard				X										

Subject to change

Week 3 Friday

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Fried Fish			X	X							X			
Chips			MAY											
Pasta Bake			X	X										
Vegan Pulled Jackfruit								X						
Dessert Cake			X	X									X	
Custard			X	X										
Chicken Nuggets			X											
Battered Sausage			X	X										
Gravy			X	M		M				M			M	
Curry		M	X		M				X					
Beans					X									

Subject to change

Cakes & Biscuits

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Flap Jack			X											
Short bread			X											
Slab Cake			X	X									X	
Cornflake Crunch			X											
Nutty Crunch			X											
Cookie			X	X		X							X	
Chocolate Crunch			X										X	
Chocolate oat cake			X											
Doughnut			X	m	m	m							m	
Brownies			X	X									X	

Subject to change

Sub Station

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Chicken Fajita Wrap			X											
Bacon & Cheese Flatbread			X	X										
BBQ Chicken Sub			X	M				X					M	
Wedges														
Cheese & Ham Panini			X	X										
Chicken Wrap			X	M				X					M	
BBQ Pulled pork flatbread			X	X										
Beef Burger			X			X							M	
Fish Finger Sub			X	M				X			X		M	
Chip Cone														
Cheese				X										

Subject to change

Mid-Morning Break

DAILY ALLERGY BRIEFING

UNIT NAME: Flegg High School

DAY / DATE: /

MENU ITEM	Peanuts	Nuts	Cereals (containing gluten)	Milk	Sesame	Soy/Soya	Mollusc	Sulphur Dioxide	Mustard	Celery	Fish	Lupin (EU common)	Eggs	Crustaceans
Toast Spread			X	X		X		X						
Cheese				X										
Chicken Pie			X	X		X			X	X				
Sausage Roll			X	X		X		X	M	M			M	
Ciabatta			X	X										
Croissant			X										X	
Pa au choc			X	X		X							X	
Bacon Roll			X			X								
Baked Beans								X						
Spaghetti Hoops			X					X						
Pizza			X	M		X							M	
Sweet Waffle			X	M		X							X	

Pancakes			X	X									X	
Cheese & bacon Turnover			X	X									X	
Nachos				X										
Cheesy garlic bread			X	X										

Subject to change