

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
Bolognaise			X			X			X	X			X	
Pasta			X					X						
Garlic bread			X	M		M		X						
Quorn Bolognaise			X										X	
Vanilla sponge			X	M									X	
Custard				X										

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Week 1 Tuesday

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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

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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										

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Week 1 Thursday

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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

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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										

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Week 2 Tuesday

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<i>Marinated BBQ Chicken</i>			X			X			M	M				
<i>Cube potatoes</i>														
<i>Coleslaw</i>													X	
<i>BBQ Quorn Fillet</i>			X										X	
<i>Chocolate Brownie</i>			X										X	
<i>Custard</i>				X										

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Week 2 Wednesday

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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										

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Week 2 Thursday

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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											

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Week 2 Friday

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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 Fajita														
Wrap			X					X						X
Quorn Fajita														
Vanilla Jam Sponge			X										X	
Custard				X										

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Week 3 Tuesday

DAILY ALLERGY BRIEFING

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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														
Stickery Toffee Pudding			X	X									X	
Custard				X										

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Week 3 Thursday

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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										

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Week 3 Friday

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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

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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

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

Subject to change