

Lunch**Monday**

Sandwich Platter	fish eggs milk gluten
Tortilla Wraps Fsoptions	gluten
Filled Baguettes Fsoptions	
Filled Paninis fsoptions	fish gluten
Filled Torpedo,s Fsoptions	
Meat T Cakes Fsoptions	milk
Meat Sandwiches Fsoptions	milk
Meat Sandwiches Fsoptions	milk gluten
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Tomato Pasta Bake	milk
Tomato Pasta Bake	milk
Chicken curry	gluten milk mustard nuts
Leek Quiche	milk eggs gluten
beef casserole and dumplings	gluten
Chilli Con Carne	
Custard Sauce fsoptions	milk gluten eggs
Pasta	gluten
Rice	
New potatoes	
Baked beans	
Peas	
Salad Bar Fsoptions	celery
Coleslaw	gluten milk eggs

Tuesday

Sandwich Platter	fish eggs milk gluten
Tortilla Wraps Fsoptions	gluten
Filled Baguettes Fsoptions	
Filled Paninis fsoptions	fish gluten
Filled Torpedo,s Fsoptions	
Meat T Cakes Fsoptions	milk
Meat Sandwiches Fsoptions	milk gluten
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Chilli Con Carne	
Tomato Pasta Bake	milk
Chicken curry	gluten milk mustard nuts
Fish pie	fish milk gluten
Vegetable Moussaka	milk
Custard Sauce fsoptions	milk gluten eggs
Pasta	gluten
Rice	
Baked beans	
Seasonal Vegetables SPHS	
Salad Bar Fsoptions	celery
Coleslaw salad	gluten milk eggs
Pasta tomato peppers salad	gluten
Potato salad	gluten milk eggs
Rice tomato and peppers salad	mustard
Hard cheese, average	milk

Wednesday

Sandwich Platter	fish eggs milk gluten
Tortilla Wraps Fsoptions	gluten
Filled Baguettes Fsoptions	
Filled Paninis fsoptions	fish gluten
Filled Torpedo,s Fsoptions	
Meat T Cakes Fsoptions	milk
Meat Sandwiches Fsoptions	milk gluten
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Chilli Con Carne	
Tomato Pasta Bake	milk
Chicken curry	gluten milk mustard nuts
Roast lamb	
Pork balls & spaghetti	gluten soya sesame mustard
Quorn korma	
Custard Sauce fsoptions	milk gluten eggs
Savoury Gravy SPHS	mustard milk soya gluten
Pasta	gluten
Mashed potatoes	milk
Mini roast potatoes	
Rice	
Baked beans	
Broccoli	
Carrots	
Salad Bar Fsoptions	celery
Coleslaw salad	gluten milk eggs
Pasta tomato	gluten

Thursday

Sandwich Platter	fish eggs milk gluten
Tortilla Wraps Fsoptions	gluten
Filled Baguettes Fsoptions	
Filled Paninis fsoptions	fish gluten
Filled Torpedo,s Fsoptions	
Meat T Cakes Fsoptions	milk
Meat Sandwiches Fsoptions	milk gluten
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Chilli Con Carne	
Tomato Pasta Bake	milk
Chicken curry	gluten milk mustard nuts
Spaghetti Bolognaise	celery gluten
Country vegetable pie	milk
Chicken, tomatoes and peppers	gluten
Custard Sauce fsoptions	milk gluten eggs
Rice	
Pasta	gluten
Savoury rice	
Potato wedges	
Baked beans	
Sweetcorn & Peas CW	
Salad Bar Fsoptions	celery
Coleslaw salad	gluten milk eggs
Pasta tomato peppers salad	gluten
	gluten milk

salad		Eggs, chicken, boiled	eggs	peppers salad		Potato salad	eggs
Pasta tomato peppers salad	gluten	Tuna, canned in brine, drained	fish	Potato salad	gluten milk eggs	Rice tomato and peppers salad	mustard
Potato salad	gluten milk eggs	Cottage cheese, plain	milk	Rice tomato and peppers salad	mustard	Hard cheese, average	milk
Rice tomato and peppers salad	mustard	Fruit cake	gluten eggs milk	Hard cheese, average	milk	Eggs, chicken, boiled	eggs
Hard cheese, average	milk	Fruit scones	milk gluten	Eggs, chicken, boiled	eggs	Tuna, canned in brine, drained	fish
Eggs, chicken, boiled	eggs	Raspberry jelly		Tuna, canned in brine, drained	fish	Cottage cheese, plain	milk
Tuna, canned in brine, drained	fish	Fruit Yoghurt SPHS	milk	Cottage cheese, plain	milk	Fruit cake	gluten eggs milk
Cottage cheese, plain	milk	flapjack sb	milk gluten	Fruit cake	gluten eggs milk	Fruit scones	milk gluten
Fruit cake	gluten eggs milk	Fruit Berry Muffin Fsoptions	gluten eggs milk	Fruit scones	milk gluten	Raspberry jelly	
Fruit scones	milk gluten	Old English Biscuits fsoptions	eggs milk gluten	Raspberry jelly		Fruit Yoghurt SPHS	milk
Raspberry jelly		Malt Bread saddleworth	milk gluten	Fruit Yoghurt SPHS	milk	flapjack sb	milk gluten
Fruit Yoghurt SPHS	milk	Fruit Bowl fsoptions		flapjack sb	milk gluten	Fruit Berry Muffin Fsoptions	gluten eggs milk
flapjack sb	milk gluten	Fruit Pot Fsoptions		Fruit Berry Muffin Fsoptions	gluten eggs milk	Old English Biscuits fsoptions	eggs milk gluten
Fruit Berry Muffin Fsoptions	gluten eggs milk	Fresh fruit salad		Old English Biscuits fsoptions	eggs milk gluten	Malt Bread saddleworth	milk gluten
Old English Biscuits fsoptions	eggs milk gluten	Milk	milk	Malt Bread saddleworth	milk gluten	Fruit Bowl fsoptions	
Malt Bread saddleworth	milk gluten	Fruit juice		Fruit Bowl fsoptions		Fruit Pot Fsoptions	
Fruit Bowl fsoptions		Water		Fruit Pot Fsoptions		Fresh fruit salad	
Fruit Pot Fsoptions		Yazoo banana		Fresh fruit salad		Milk	milk
Fresh fruit salad		Yazoo chocolate	milk	Milk	milk	Fruit juice	
Milk	milk	Yazoo strawberry	milk soya	Fruit juice		Water	
Fruit juice		Slurp thick shake chocolate	check packaging	Water		Yazoo banana	
Water		Slurp thick shake strawberry	check packaging	Yazoo banana		Yazoo chocolate	milk
Yazoo banana		Wholemeal bread	gluten	Yazoo chocolate	milk	Yazoo strawberry	milk soya
Yazoo	milk			Yazoo strawberry	milk soya	Slurp thick shake chocolate	check packaging
				Slurp thick shake chocolate	check packaging	Slurp thick shake strawberry	check packaging
				Slurp thick shake strawberry	check packaging	Wholemeal bread	gluten
				Wholemeal bread	gluten		

chocolate	
Yazoo strawberry	milk soya
Slurp thick shake chocolate	check packaging
Slurp thick shake strawberry	check packaging
Wholemeal bread	gluten

Friday

Sandwich Platter	fish eggs milk gluten
Tortilla Wraps Fsoptions	gluten
Filled Baguettes Fsoptions	
Filled Paninis fsoptions	fish gluten
Filled Torpedo,s Fsoptions	
Meat T Cakes Fsoptions	milk
Meat Sandwiches Fsoptions	milk gluten
Non Meat Sandwiches Fsoptions	gluten
Jacket with Fillings	fish milk
Chilli Con Carne	
Tomato Pasta Bake	milk
Chicken curry	gluten milk mustard nuts
Oven Baked Fish	fish gluten
Beef & Onion pie	gluten milk
vegetable chow mein	soya eggs gluten
Rice	
Pasta	gluten

Types of allergy and intolerance

In children, the most common allergic reactions to food are to milk, peanuts, nuts, eggs, soya and wheat. Usually children grow out of most types of food allergy in early childhood. In adults, most allergic reactions are to peanuts, nuts, fish, shellfish and wheat.

For more information about types of allergy and intolerance visit <http://www.eatwell.gov.uk/healthissues/foodintolerance/foodintolerancetypes/>