



Meals Provided and their Allergen Content at St Christopher's High School



BREAKFAST ITEMS														
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
TOAST														
BAGEL														
BACON BUTTY BACON FINGER														
SAUSAGE BUTTY SAUSAGE FINGER														
CHEESE ON TOAST														
CHEESY BAGEL														
SCOTCH PANCAKE														
PLAIN CROISSANT														
CHOCOLATE CROISSANT														
CEREALS SEE INDIVIDUAL PACK INGREDIENTS														
SCRAMBLED/ FRIED EGG														



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BREAK ITEMS	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
CHICKEN STEAK ON A BUN		✓ Wheat in bun												✓ in bun
HALAL CHICKEN STEAK ON A BUN	✓	✓ Wheat in bun							✓					✓ in bun
BACON BUTTY BACON FINGER		✓ Wheat, Soya												
SAUSAGE BUTTY SAUSAGE FINGER		✓ Wheat, Soya												✓ Sulphites (sausage)
STUFFED CRUST PIZZA CHEESE & PEPPERONI		✓ Wheat, Barley					✓							
GARLIC DOUGH BALLS		✓ Wheat												
NACHOS Contain lemon juice							✓							
WAFFLES		✓ Wheat, Soya		✓			✓							



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GRAB AND GO FAVOURITES														
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SEASONED TWISTER FRIES (6 TH)		✓ Wheat												
SAUSAGE ROLL (HOMEMADE)	✓			✓			✓						✓	✓
VEGGIE SAUSAGE ROLL (HOMEMADE)	✓			✓			✓						✓	✓
SOUTHERN FRIED CHICKEN STEAK		✓ Wheat in roll											✓ in roll	
HALAL SPICY CHICKEN STEAKS (6 TH) SADIA BRAND FROM EWOODS		✓ Wheat coating		✓						✓	✓			
HALAL SOUTHERN FRIED CHICKEN STEAKS (6 TH) CARGILL BRAND FROM THEOS	✓	✓ Wheat coating							✓				✓	
FISH FINGERS FISH FINGER BUTTY FISH FINGER WRAP		✓ ✓ Wheat in roll ✓ Wheat in wrap			✓ ✓ ✓								✓ in roll	
BBQ CHICKEN WRAP		✓ Wheat in wrap											✓ in chicken mix	
LAMB DONAR KEBAB IN PITTA BREAD		✓ Wheat in pitta								✓ in kebab mix	✓ in kebab mix			
PULLED PORK IN A BRIOCHE BUN		✓ Wheat		✓			✓							
BEEF BURGERS		✓ Wheat in burger and bread											✓ in burger and bread	
FRENCH BREAD PIZZA		✓ Wheat					✓						✓	
PIRI PIRI KEBAB IN NAAN BREAD														
CHICKEN TIKKA PASTY (6 TH)	✓	✓ Wheat					✓		✓	✓	✓	✓	✓	



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COLD SWEETS PRODUCED IN HOUSE <small>Pre-packaged items please check the manufacturer's allergen declarations</small>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
	<small>For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day</small>													
KEY LIME PIE		✓ Wheat					✓						✓	✓
BANOFFEE TART		✓ Wheat					✓						✓	
BUTTERCREAM							✓							
FLAPJACK		✓ Oats, Wheat, Barley					✓							
PLAIN SPONGE		✓ Wheat		✓			✓						✓	
DECORATED CHOCOLATE SPONGE		✓ Wheat		✓			✓						✓	
BUTTERFLY BUNS		✓ Wheat		✓			✓						✓	
OATY CHOC CHIP COOKIES		✓ Oats, Wheat, Barley					✓						✓	
CARROT CAKE		✓ Wheat		✓			✓							
JAM SLICE		✓ Wheat		✓			✓							✓
TOFFEE TART		✓ Wheat		✓			✓						✓	



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COLD SWEETS PRODUCED IN HOUSE <small>Pre-packaged items please check the manufacturer's allergen declarations</small>														
	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
GINGER BISCUITS		✓ Wheat					✓							
MELTING MOMENTS		✓ Wheat					✓							✓
RASPBERRY BUNS		✓ Wheat		✓			✓							✓
CORNFLAKE CLUSTERS		✓ Barley					✓							
ICED MUFFINS		✓ Wheat		✓			✓						✓	
BUTTERSCOTCH WHIP							✓						✓	
ROCK BUNS <small>*May contain</small>		✓ Wheat		✓			✓			*	*	*		✓
CHERRY SHORTBREAD		✓ Wheat					✓							✓



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	<small>For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day</small>													
ICED BANANA LOAF		✓ Wheat		✓			✓							
VANILLA COOKIES		✓ Wheat		✓			✓							
FLAPJACK COOKIES		✓ Oats, Wheat, Barley					✓							
GYPSY CREAMS		✓ Oats, Wheat, Barley					✓							
SHORTBREAD		✓ Wheat					✓							
DAVE'S DATE SLICE		✓ Oats, Wheat, Barley					✓							✓
DUO COOKIES		✓ Wheat		✓			✓						✓	
OATY BISCUITS <small>*May contain</small>		✓ Oats, Wheat, Barley					✓			*	*	*		✓
CHELSEA BUNS <small>*May contain</small>		✓ Wheat		✓									✓	✓
GRANOLA		✓ Oats, Wheat, Barley					✓							✓



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HOT PUDDINGS <small>Served with custard/sauce but can be purchased without sauce</small>														
	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
CUSTARD							✓							
CHOCOLATE SAUCE		✓ Wheat					✓							
MINT SAUCE		✓ Wheat					✓							
APPLE FLAPJACK PUDDING		✓ Oat, Gluten, Wheat, Barley					✓							
GINGER & SYRUP SPONGE		✓ Wheat		✓			✓						✓	
JAM ROLY POLY		✓ Wheat					✓							✓
CHOCOLATE BROWNIE		✓ Wheat					✓							
OATY APPLE CRUMBLE		✓ Oat, Gluten, Wheat, Barley					✓							



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HOT PUDDINGS <small>Served with custard/sauce but can be purchased without sauce</small>														
	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
MARLED SPONGE		✓ Wheat		✓			✓						✓	
PLAIN SPONGE		✓ Wheat		✓			✓						✓	
CHOCOLATE SPONGE		✓ Wheat		✓			✓						✓	
CORNFLAKE TART		✓ Wheat, Barley					✓							✓
JAM SLICE		✓ Wheat		✓			✓							✓
LEMON DRIZZLE		✓ Wheat		✓			✓							✓
APPLE COBBLER		✓ Wheat					✓							✓
CHOCOLATE FUDGE SLICE		✓ Wheat					✓					✓	✓	



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SOUPS AND OPTIONAL BREADS														
	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
CARROT AND LENTIL	✓												✓	
RED PEPPER AND TOMATO WITH BLENDED BUTTERBEANS	✓												✓	✓
VEGETABLE SOUP WITH BLENDED BUTTERBEANS	✓												✓	✓
BUTTERNUT AND SWEET POTATO	✓												✓	
CARROT AND CORIANDER WITH BLENDED BUTTERBEANS	✓												✓	✓
LEEK AND POTATO	✓												✓	✓
PETIT PAINS/ WHITE BREAD SLICE AND BUTTER PORTION		✓ Wheat					✓ Butter portion						✓	
WHOLE MEAL BAP AND BUTTER PORTION		✓ Wheat					✓ Butter portion						✓	
MULTI GRAIN COB AND BUTTER PORTION		✓ Wheat, Barley, Rye					✓ Butter portion					✓ Sunflower seeds	✓	



Meals Provided and their Allergen Content at St Christopher's High School



WEEK 1
2021-2022

WEEK 1 2021-2022	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
TOMATO PASTA BAKE (NO CHEESE) (v)														
TOMATO AND CHEESE PASTA BAKE (v)									✓					
GARLIC BREAD (v)									✓					✓
CHEESE AND TOMATO PIZZA (v)									✓					✓
VEGGIE GRAZING BOX (v)	✓ in veg bouillon	✓ Wheat in pitta bread and GLUTEN in veg bouillon & humus	✓ Humus	✓ Humus	✓ Humus		✓ Humus and lactose in veg bouillon		✓ Humus			✓ Humus	✓ Veg bouillon	✓ Humus
FISH AND CHIP WRAP		✓ Wheat in fish & tortilla wrap			✓		✓		✓					
PULLED PORK IN A BRIOCHE BUN		✓ Wheat rye flour		✓			✓							
ROAST TURKEY DINNER	✓ in stock and gravy						✓ Mash potato						✓ in stock and gravy	
ROAST TURKEY IN A TEACAKE WITH A HASH BROWN	✓ in stock and gravy	✓ Wheat in teacake											✓ in stock and gravy & teacake	
SPICY BEEF KEBAB ON OR OFF A NAAN BREAD WRAP		✓ Wheat in kebab and naan bread					✓ Naan bread		✓ Mustard seeds in naan bread					
MEAT AND POTATO PIE		✓ Wheat in pastry											✓ in beef bouillon	
SWEET CHILLI CHICKEN STIR FRY WITH RICE		✓ Wheat in soy sauce											✓ in soy sauce	
MACARONI CHEESE		✓ Wheat in pasta					✓ in cheese sauce		✓ in cheese sauce					



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WEEK 1
2021-2022



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Celery

Cereals containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

FISH FINGERS/FISH FINGER BUTTY OR WITH MASH, VEG OR BEANS		✓ Wheat in fish and teacake			✓		✓ in mashed potato							✓ in teacake	
DONAR KEBAB IN PITA BREAD		✓ Wheat in kebab mix and pita bread													
PLATE MEAT PIE		✓ Wheat		✓			✓							✓	
SPICY BEAN BURGER SERVED ON OR OFF A TEACAKE		✓ Wheat in burger and bread												✓ in teacake	
FISH AND CHIP WRAP		✓ Wheat in cod finger and tortilla wrap			✓		✓								
MEDITERRANEAN CHICKEN WRAP WITH YOGHURT AND MINT DRESSING		✓ Wheat in the wrap		✓ in dressing			✓ in dressing								
SAUSAGE ROLL (HOMEMADE)		✓ Wheat in sausage and pastry		✓ pastry may contain traces			✓ pastry may contain traces								✓
HOT COD DOG		✓ Wheat in fish batter and teacake			✓					✓				✓ in teacake	
TUGO PIZZA CHEESE AND TOMATO		✓ Wheat					✓								
TUGO PIZZA PEPPERONI		✓ Wheat					✓		✓					✓	
VEGGIE HOT POT NOODLES	✓ in veg stock	✓ Wheat		✓ in noodles					✓ in curry paste					✓ in veg stock	
FISH PIE		✓ Wheat			✓		✓								
PIRI PIRI WRAP		✓ Wheat in tortilla wrap													



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WEEK 2
2021-2022

WEEK 2 2021-2022	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
For up to date information we advise that at point of sale the counter menu cards are checked or ask the server as there may be unavoidable substitutions on the day														
TOMATO PASTA BAKE (NO CHEESE)		✓ Wheat in pasta												
TOMATO AND CHEESE PASTA BAKE		✓ Wheat in pasta					✓							
CHEESE AND TOMATO PIZZA		✓ Wheat		✓			✓							✓
HOMEMADE HOT POT NOODLES	✓	✓ Wheat in noodles		✓					✓					✓
FAJITA FISH ON OR OFF BUN		✓ Wheat in fish and teacake			✓ Wheat									✓ in teacake
PULLED PORK IN A BRIOCHE BUN		✓ Wheat, Rye flour		✓			✓							
CHICKEN FILLET DINNER	✓ in gravy						✓ in mashed potato							✓ in gravy
ROAST VEGETABLE LASAGNA		✓ Wheat		✓			✓							
HOT COD DOG		✓ Wheat in fish and roll			✓ Cod		✓		✓					✓ in teacake
CAJUN DIRTY RICE	✓													✓
SPICY BEEF KEBAB ON OR OFF A NAAN BREAD WRAP		✓ in kebab and naan bread					✓ in naan bread		✓ Mustard seeds in naan bread					
VEGETARIAN CHILLI WITH ½ RICE AND ½ NACHOS *				✓			✓							
TUNA AND SWEETCORN PIZZA		✓ Wheat		✓	✓		✓							✓
DONAR KEBAB IN PITA BREAD		✓ Wheat in kebab mix and pita bread												

* Made from Mycoprotein which is made from a member of fungi/mould family (MUSHROOMS). Mycoprotein is high in fibre and protein which may cause an intolerance in some people.



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WEEK 2
2021-2022



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Cereals containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

LAMB HOTPOT AND DUMPLINGS		✓ Wheat					✓							✓	
FISH FINGERS/FISH FINGER BUTTY OR WITH MASH, VEG OR BEANS		✓ Wheat in fish and teacake			✓		✓ in mashed potato							✓ in teacake	
MEDITERRANEAN CHICKEN WRAP WITH YOGHURT AND MINT DRESSING		✓ Wheat in the wrap		✓ in dressing			✓ in dressing								
TOAD IN THE HOLE WITH MASH, VEG OR BEANS		✓ Wheat in sausage and Yorkshire pudding		✓ in Yorkshire pudding and mashed potato			✓ in Yorkshire and mashed potato							✓	✓ in sausage
FISH AND CHIP WRAP		✓ Wheat in fish and tortilla wrap			✓		✓		✓						
BEEF BURGER ON OR OFF A BUN		✓ in bread bun							✓ in burger				✓ in bread bun	✓ in burger	
VEGETABLE SAMOSA'S		✓													
TUGO PIZZA CHEESE AND TOMATO		✓ Wheat					✓								
TUGO PIZZA PEPPERONI		✓ Wheat					✓		✓				✓ Wheat		



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WEEK 3
2021-2022



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Celery

Cereals containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

TOMATO PASTA BAKE (NO CHEESE)		✓ Wheat												
TOMATO AND CHEESE PASTA BAKE		✓ Wheat						✓						
VEGGIE ALL DAY BREAKFAST QUORN SAUSAGE, HASH BROWN, EGG AND BEANS *		✓ Wheat and barley in sausage		✓ in sausage and fried egg			✓ Milk proteins in sausage							
CHEESE AND TOMATO PIZZA		✓ Wheat		✓			✓						✓	
FISH FINGERS		✓ Wheat			✓									
PULLED PORK IN A BRIOCHE BUN		✓ Wheat, rye flour		✓			✓							
BEEF IN GRAVY WITH YORKSHIRE PUDDING, MASH AND VEG OR BEANS		✓ Gluten in beef and Yorkshire pudding		✓ in Yorkshire pudding			✓ in Yorkshire and mashed potato					✓	✓	
STEAK CANADIAN IN BREAD ROLL		✓ Gluten in beef and wheat & barley in bread roll										✓ in bread roll	✓	
HOT POT NOODLES (v)	✓	✓ Wheat		✓					✓				✓	
FAJITA FISH BURGER SERVED ON OR OFF A BUN		✓ Wheat in fish and teacake										✓ in bread roll		
CHEESE AND BUTTER POTATO PIE	✓	✓ Wheat		✓			✓						✓	
QUORN DIPPERS IN SWEET AND SOUR SAUCE WITH RICE	✓ in sweet and sour sauce	✓ Wheat		✓			✓							
CORNED BEEF HASH		✓ Wheat										✓ in beef bouillon		

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WEEK 3
2021-2022



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Cereals containing
Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame
Seeds

Soya

Sulphur
Dioxide

DONAR KEBAB IN PITA BREAD		✓ Wheat in kebab mix and pita bread													
CHEESE FLAN		✓ Wheat		✓					✓						
FISH AND CHIP WRAP		✓ Wheat in fish and tortilla wrap			✓				✓		✓				
FRUITY CHICKEN CURRY									✓		✓				
CHICKEN AND BEAN ENCHILADA'S		✓ in tortilla wrap													
PIZZA		✓ Wheat		✓					✓					✓	
BEEF BURGER SERVED ON OR OFF THE BUN		✓ Wheat in bread roll							✓ in cheese		✓ in the burger		✓ in bread roll	✓ in the burger	
TUGO PIZZA CHEESE AND TOMATO		✓ Wheat							✓						
TUGO PIZZA PEPPERONI		✓ Wheat							✓		✓			✓	