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

Breakfast 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														
Toast		✔											✔	
Toasted Teacake		✔											✔	
Bacon / Sausage Sandwich Roll		✔												
Sausage		✔												
Hash Brown		✔												
Bagel		✔											✔	
Belgian Waffle		✔		✔									✔	

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Reviewed by: Mr P Gardner, Catering Manager.

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

Break 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
Hash Brown														
Pain Au Chocolat		✔		✔			✔						✔	
Bacon / Sausage Sandwich Roll		✔											✔	
Sausage		✔												
Pizza Twist		✔					✔						✔	
Sausage Roll		✔					✔						✔	
Nachos		✔												
Waffles		✔		✔									✔	
Toast		✔											✔	
Toasted Teacake		✔											✔	
Bagel		✔											✔	

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Grab and Go Favourites Available in the Shed														
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
Sausage Roll														
Chicken Tikka Pasty		✔					✔		✔				✔	
Steak Slice		✔					✔						✔	
Cheese and Onion Slice		✔					✔		✔				✔	
Cheese and Pizza Sauce Panini		✔					✔							
Ham and Cheese Panini		✔					✔							
Cheese and Pepperoni Panini		✔					✔							
Simply Cheese Panini		✔					✔							

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Cold Sweets Produced in House*	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														
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		✔			✔						✔	
Ginger Biscuits		✔ Wheat					✔							
Melting Moments		✔ Wheat					✔							✔
Raspberry Buns		✔ Wheat		✔			✔							✔
Cornflake Clusters		✔ Barley					✔							

*Pre-packaged items please check the manufacturer's allergen declarations

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

Cold Sweets Produced in House*	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														
Iced Muffins		✔ Wheat		✔			✔						✔	
Butterscotch Whip							✔						✔	
Rock Buns (! May Contain)		✔ Wheat		✔			✔			!	!	!		✔
Cherry Shortbread		✔ Wheat					✔							✔
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 (! May Contain)		✔ Wheat					✔			!	!	!		✔
Chelsea Buns (! May Contain)		✔ Wheat		✔									✔	✔
Granola		✔ Oats, Wheat, Barley					✔							✔

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Hot Puddings Served with custard/sauce but can be purchased without sauce	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		✔ Oats, Wheat, Barley					✔							
Ginger and Syrup Sponge		✔ Wheat		✔			✔						✔	
Jam Roly Poly		✔ Wheat					✔							✔
Chocolate Brownie		✔ Wheat					✔							
Oaty Apple Crumble		✔ Oats, Wheat, Barley					✔							
Marbled 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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Meals Provided and their Allergen Content at St Christopher's High School

Week 1 Menu														
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
Chicken Chow Mein		✔										✔	✔	
Chicken Korma							✔							
Mexican Fajita Rice														
Sweet Chilli Chicken Stir Fry		✔											✔	
Greek Style Loaded Fries				✔			✔							
Tomato and Basil Pasta		✔												
Arrabbiata Pasta		✔												
Creamy Tomato Pasta		✔												
Mac 'n' Cheese		✔												
Classic Tomato Pasta		✔												
Pulled Pork Brioche		✔												
Chicken Burger		✔												
Meatball Marinara Sub		✔												
Piri Piri Chicken Wrap		✔												

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Week 2 Menu	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 Tikka Masala							✔							
Chinese Chicken 'Fried' Rice		✔											✔	
Meatballs in Tomato Sauce		✔											✔	
Beef Lasagne	✔	✔												
Louisiana Loaded Fries							✔							
Creamy Tomato Pasta		✔												
Arrabbiata Pasta		✔												
Tomato and Basil Pasta		✔												
Mac 'n' Cheese		✔												
Arrabbiata Pasta		✔												
Classic Tomato Pasta		✔												
Chicken Burger		✔												
Battered Fish Wrap		✔												
BBQ Chicken Sub Roll		✔												
Chicken Tikka Wrap		✔												

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Week 3 Menu	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														
Sweet and Sour Chicken														
Chicken Chow Mein		✔											✔	
Meat and Potato Pies		✔					✔						✔	
Cajun Chicken Rice									✔					
'Cheeseburger' Loaded Fries		✔												
Tomato and Bail Pasta		✔												
Arrabbiata Pasta		✔												
Mac 'n' Cheese		✔					✔		✔					
Creamy Tomato Pasta		✔					✔							
Classic Tomato Pasta		✔												
Italian Chicken Burger		✔					✔						✔	
Fish Finger Butty		✔												
Hunters Chicken		✔												
Chicken Sheesh Kebab Naan		✔												
Tandoori Chicken Wrap		✔												

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