







ALLERGEN CARD

Spring Grove - W1 D1














Recipe	Allergens													
														
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites
YOGHURT		Wheat ✓					✓							
Fruit Platter														
CHEESE AND TOMATO PIZZA SLAB		Wheat ✓					✓							
DOUGH BALLS		Wheat ✓												
Crunchy Coleslaw Home Made							✓							
Sweetcorn														
SECRET BROWNIE PRI		Wheat ✓												
TOMATO PASTA PRI		Wheat ✓					✓							
Pasta Wholemeal		Wheat ✓												
HUMMOUS AND VEGETABLE WRAP	✓	Wheat ✓						✓				✓		
JACKET POTATO WITH SALMON PRI				✓	✓									
Chocolate Sauce							✓							
QUORN BLOOMING FFL PRI		Barley ✓		✓										
Carrots														
Baked Beans														
Broccoli														
Garden Peas														
MIXED SALAD														

Allergy Advice:

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ALLERGEN CARD

Spring Grove - W1 D3

Recipe	Allergens													
														
CELERY	<input checked="" type="checkbox"/>													
HOMEMADE BREAD BEST OF BOTH		<input checked="" type="checkbox"/>												
YOGHURT							<input checked="" type="checkbox"/>							
Fruit Platter														
Sweet Potato & Chickpea Roast Pri		<input checked="" type="checkbox"/>												
ROAST POTATOES PRI														
Carrots														
Cabbage														
TOMATO PASTA PRI		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Crunchy Coleslaw Home Made														
SHORTBREAD BISCUIT		<input checked="" type="checkbox"/>												
Fresh Fruit Slices														
JACKET POTATO WITH CHEESE PRIMARY							<input checked="" type="checkbox"/>							
Broccoli														
Sweetcorn														
ROAST TURKEY HALAL														<input checked="" type="checkbox"/>
Garden Peas														
Gluten Free Gravy														
Lemon Roasted Chicken Breast 55g														
MIXED SALAD														
Baked Beans														

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Recipe	Allergens														
															
PAG PL EGG MAYONNAISE ROLL	✓	✓ Barley MC Kamut MC Rye ✓ Wheat		✓			✓		✓				✓	✓	

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ALLERGEN CARD

Spring Grove - W1 D4

Recipe	Allergens														
															
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten ✓ Wheat					Milk ✓								Sulphur Dioxide/Sulphites
YOGHURT															
Fruit Platter															
Pasta Wholemeal		✓ Wheat													
Broccoli															
Sweetcorn															
Peach and Berry Oaty Crumble FB		MC Barley ✓ Oats ✓ Wheat													
Custard Milk Powder							✓ Milk								
TOMATO PASTA PRI		✓ Wheat					✓ Milk								
Crunchy Coleslaw Home Made					✓										
CHEESE SALAD WRAP PRI		✓ Wheat			✓		✓ Milk								
JACKET POTATO WITH BARBECUE BEANS (TEXAN)		✓ Barley													
LAMB BOL OGNESSE							✓ Milk								
Macaroni Cheese		✓ Wheat													
LAMB BOL OGNESSE HALAL															
Garden Peas															
Carrots															
MIXED SALAD															

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ALLERGEN CARD















Recipe	Allergens													
														
Baked Beans	Celery	Cereals With Gluten		Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur Dioxide/Sulphites

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ALLERGEN CARD















Spring Grove - W1 D5

Recipe	Allergens													
														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat					✓							
YOGHURT														
Fruit Platter														
QUORN DIPPERS	✓	✓ Wheat		✓										
Chipped Potatoes PRI														
Garden Peas														
Baked Beans														
CHEESE SANDWICH PRIMARY		MC Barley ✓ Wheat					✓					MC	✓	
TOMATO PASTA PRI		✓ Wheat					✓							
Crunchy Coleslaw Home Made				✓										
Pollock Fillet Fish Fingers			✓ Wheat		✓									
TOMATO KETCHUP SACHET	✓													
JACKET POTATO WITH CHEESE PRIMARY									✓					
Broccoli														
Sweetcorn														
Carrots														
MIXED SALAD														
JACKET POTATO WITH BAKED BEANS PRIMARY														

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ALLERGEN CARD


















Recipe	Allergens													
														
STRAWBERRY SWIRL SPONGE PIRI	Celery	Cereals With Gluten		Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
		✓ Wheat		✓										✓

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ALLERGEN CARD

Spring Grove - W2 D1

Recipe	Allergens													
														
CELERY														
HOMEMADE BREAD BEST OF BOTH														
YOGHURT														
FRUIT PLATTER														
CHEESE AND TOMATO PIZZA SLAB														
Quorn Sausages - Ind Prep														
DOUGH BALLS														
CREAMED POTATOES FFL														
BROCCOLI AND CAULIFLOWER MEDLEY PRI														
Sweetcorn														
CREAMY RICE PUDDING WITH PEACH FFL														
TOMATO PASTA PRI														
Crunchy Coleslaw Home Made														
EGG MAYONNAISE SANDWICH PRIMARY														
JACKET POTATO WITH TUNA PRIMARY														
Baked Beans														
Garden Peas														
Carrots														

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ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
MIXED SALAD														
Gluten Free Gravy														

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ALLERGEN CARD

Spring Grove - W2 D2

Recipe	Allergens														
															
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten					✓								
YOGHURT							✓								
Fruit Platter															
Chicken Tikka Massala Halal Pri									✓						
Macaroni Cheese		✓					✓								
RICE 1/2 WHOLEgrain															
Garden Peas															
Broccoli															
CHEESE SANDWICH PRIMARY		MC Barley					✓								
		✓					Wheat								
APPLE & CARROT YOGHURT MUFFINS FB		MC Barley		✓			✓								
		✓		Oats			✓								
		✓		Wheat			✓								
TOMATO PASTA PRI							✓								
		✓					Wheat								
Crunchy Coleslaw Home Made															
Chicken Tikka Masala Pri				✓											
JACKET POTATO WITH CHEESY COLESLAW															
Carrots															
Baked Beans															
Sweetcorn															

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ALLERGEN CARD





Recipe	Allergens													
														
MIXED SALAD	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

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ALLERGEN CARD

Spring Grove - W2 D3

Recipe	Allergens													
														
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten					Wheat							
YOGHURT														
Fruit Platter														
VEGETABLE PASTRY SLICE PRI		Wheat												
ROAST POTATOES PRI														
Cabbage														
Carrots														
ICE CREAM BOX STRAWBERRY PRI														
TOMATO PASTA PRI		Wheat												
Crunchy Coleslaw Home Made														
Lemon Roasted Chicken Breast 55g Halal														
JACKET POTATO WITH CHEESE PRIMARY														
HUMMOUS AND VEGETABLE WRAP	✓	Wheat												
Gluten Free Gravy														
Roast Turkey														
Baked Beans														
Sweetcorn														
Broccoli														
Garden Peas														
MIXED SALAD														

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ALLERGEN CARD

Spring Grove - W2 D4

Recipe	Allergens													
														
CELERY	✓													
HOME MADE BREAD BEST OF BOTH		✓ Wheat					✓							
YOGHURT														
Fruit Platter														
Garlic and Herb Bread Wedge - Ind Prep		✓ Wheat												
Sweetcorn														
Broccoli														
CHOCOLATE SPONGE CAKE PRI		✓ Wheat												
TOMATO PASTA PRI		✓ Wheat					✓							
Crunchy Coleslaw Home Made														
TRADITIONAL LAMB LASAGNE PRI		✓ Wheat					✓							
JACKET POTATO WITH BARBECUE BEANS (TEXAN		✓ Barley												
TUNA SWEETCORN WRAP PRI		✓ Wheat			✓									
Mild Bean Chili	✓													
RICE 1/2 WHOLEGRAIN														
Baked Beans														
Garden Peas														
Carrots														
Chocolate Sauce							✓							
MIXED SALAD														

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ALLERGEN CARD

Spring Grove - W2 D5

Recipe	Allergens													
														
CELERY														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat					✓ Milk							
YOGHURT														
Fruit Platter														
VEGE SOFT TACO PRI		✓ Barley ✓ Wheat		✓ Eggs										
Chipped Potatoes PRI														
Baked Beans														
Garden Peas														
CHEESE SANDWICH PRIMARY		MC Barley ✓ Wheat					✓ Milk					MC Sesame	✓ Soybeans	
OAT COOKIES PRIMARY		MC Barley ✓ Oats ✓ Wheat												
Fresh Fruit Slices														
TOMATO PASTA PRI							✓ Wheat							
Crunchy Coleslaw Home Made					✓ Fish									
JACKET POTATO WITH BAKED BEANS PRIMARY														
JACKET POTATO WITH CHEESE PRIMARY							✓ Milk							
Pollock Fillet Fish Fingers		✓ Wheat			✓ Fish									
TOMATO KETCHUP SACHET	✓ Celery													

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Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Broccoli														
Carrots														
MIXED SALAD														
Sweetcorn														

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ALLERGEN CARD

Spring Grove - W3 D1


Recipe	Allergens														
															
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten					✓								
YOGHURT							✓								
Fruit Platter															
Chinese Veggie Noodles Pri															
CHEESE AND TOMATO PIZZA SLAB							✓								
DOUGH BALLS															
Sweetcorn															
Broccoli															
RASPBERRY AND YOGHURT CAKE PRI							✓								
TOMATO PASTA PRI							✓								
Crunchy Coleslaw Home Made															
VEGETABLE CHILLI															
Baked Jacket Potatoes-Ind Prep							✓								
HOUMOUS AND VEGETABLE WRAP															
MIXED SALAD															
Baked Beans															
Garden Peas															
Custard Milk Powder							✓								

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ALLERGEN CARD

Spring Grove - W3 D2

Recipe	Allergens													
														
CELERY	✓													
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Fruit Platter														
Pasta Wholemeal		✓ Wheat												
Garden Peas														
Carrots														
PEACH SHORTBREAD PUDDING FB PRI		✓ Wheat												
Custard Milk Powder							✓							
TOMATO PASTA PRI		✓ Wheat					✓							
Crunchy Coleslaw Home Made														
SOUTHERN FRIED CHICKEN GOLLION HALAL PRI	✓	✓ Wheat												
TOMATO KETCHUP SACHET	✓													
JACKET POTATO WITH BARBECUE BEANS (TEXAN														
TUNA SANDWICH ASSORTED PRIMARY		MC Barley ✓ Wheat		✓							MC	✓		✓
SOUTHERN FRIED CHICKEN GOLLION PRI	✓	✓ Wheat												
Chipped Potatoes PRI														
QUORN DIPPERS	✓	✓ Wheat		✓										
Broccoli														

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Recipe	Allergens													
														
Sweetcorn														
MIXED SALAD														
Baked Beans														

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ALLERGEN CARD

Spring Grove - W3 D3

Recipe	Allergens													
														
CELERY														
CELERY		Cereals With Gluten												
HOMEMADE BREAD BEST OF BOTH		Wheat												
YOGHURT														
Fruit Platter														
Country Vegetable Pie		Wheat												
ROAST POTATOES PPI														
Carrots														
Cabbage														
Original Flapjack		MC Barley Wheat Oats MC Wheat												
Fresh Fruit Slices														
TOMATO PASTA PPI														
Crunchy Cole-slaw Home Made		Wheat												
Lemon Roasted Chicken Breast 55g														
Lemon Roasted Chicken Breast 55g Halal														
Gluten Free Gravy														
Baked Beans														
Broccoli														
Sweetcorn														
Garden Peas														

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ALLERGEN CARD

Recipe	Allergens													
														
MIXED SALAD														
JACKET POTATO WITH TUNA PRIMARY				✓	✓									
PAG PL EGG MAYONNAISE ROLL	✓	✓ Barley MC Kamut MC Rye ✓ Wheat		✓			✓		✓			✓	✓	

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Spring Grove - W3 D4














Recipe	Allergens													
														
HOME MADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Fruit Platter														
CHICKPEA AND POTATO CURRY PRI														
Pasta Wholemeal		✓ Wheat												
RICE 1/2 WHOLEgrain														
Sweetcorn														
Broccoli														
CHOCOLATE APRICOT BROWNIE PRI		✓ Wheat		✓										✓
TOMATO PASTA PRI		✓ Wheat					✓							
Crunchy Coleslaw Home Made				✓										
LAMB Bolognese														
LAMB Bolognese HALAL														
MIXED SALAD														
Baked Beans														
Carrots														
Garden Peas														
CHEESE SALAD WRAP PRI		✓ Wheat		✓			✓							
JACKET POTATO WITH CHEESY COLESLAW				✓			✓							

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ALLERGEN CARD

Spring Grove - W3 D5

Recipe	Allergens														
															
HOMEMADE BREAD BEST OF BOTH	Celery	Cereals With Gluten ✓ Wheat					✓ Milk								
YOGHURT							✓ Milk								
Fruit Platter															
Chipped Potatoes PRI															
Baked Beans															
Garden Peas															
CHEESE SANDWICH PRIMARY		MC Barley ✓ Wheat					✓ Milk					MC Sesame	✓ Soybeans		
ICE CREAM BOX VANILLA PRI							✓ Milk								
TOMATO PASTA PRI		✓ Wheat					✓ Milk								
Crunchy Coleslaw Home Made				✓ Eggs											
JACKET POTATO WITH BAKED BEANS PRIMARY					✓ Fish										
Pollock Fillet Fish Fingers					✓ Fish										
THE INCREDIBLE BURGER PRI	✓ Celery														MC Sesame
JACKET POTATO WITH CHEESE PRIMARY							✓ Milk								
TOMATO KETCHUP SACHET	✓ Celery														
Broccoli															
Sweetcom															
Carrots															
MIXED SALAD															

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