

ALLERGEN CARD

Spring Grove SS 22 - W1D1

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
YOGHURT							✓							
SPICED RED LENTIL DHAL PRI		MC Wheat											MC	
POTATO WEDGES CAJUN 1/2 PORTION PRI	✓													
JACKET POTATO WITH SALMON PRI				✓	✓									
Wholegrain & White Rice														
CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							✓
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
Fruit Platter														
Green Beans PRI														
ICE CREAM BOX RASPBERRY RIPPLE PRI							✓							
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD CARROT PRI														
SALAD TOMATO PRI														
POTATO SALAD				✓										
SALAD SWEETCORN PRI														
Sweetcorn Pri														

Allergy Advice:

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ALLERGEN CARD

Spring Grove SS 22 - W1D2

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Allegra BBQ Chicken Burger Corn And Pineapple Relish PRI V2		✓ Wheat		✓								MC		✓
Allegra BBQ Chicken Burger Corn And Pineapple Relish Halal		✓ Wheat		✓								MC		✓
JACKET POTATO WITH BAKED BEANS PRIMARY														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
Fruit Platter														
YOGHURT							✓							
Allegra Broccoli And Cauliflower Cheese Pie PRI		✓ Wheat					✓							
POTATO WEDGES CAJUN 1/2 PORTION PRI	✓													
CREAMED POTATOES FFL							✓							
Broccoli														
Garden Peas PRI														
Tomato Pasta		✓ Wheat					✓							
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD LETTUCE PRI														
SALAD CARROT PRI														
SALAD SWEETCORN PRI														
POTATO SALAD				✓										
Orange Drizzle Cake Juice FFL		✓ Wheat		✓										

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ALLERGEN CARD















Spring Grove SS 22 - W1D3

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lemon Roasted Chicken Breast Pri														
ROAST TURKEY HALAL														
Quorn Roast				✓			✓							
Gluten Free Gravy														
Crudite SEC														
CHEESE SANDWICH PRIMARY		MC Barley ✓ Wheat					✓					MC	✓	
Fruit Platter														
YOGHURT							✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
ROAST POTATOES PRI														
Carrots														
Shortbread Biscuit		✓ Wheat												
Fresh Fruit Slices														
SALAD LETTUCE PRI														
Tomato Pasta		✓ Wheat					✓							
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD SWEETCORN PRI														
SALAD CARROT PRI														

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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
POTATO SALAD				✓										
Cabbage Pri														

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ALLERGEN CARD

Spring Grove SS 22 - W1D4

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SHEPHERDS PIE													MC	
SHEPHERDS PIE													MC	
Gluten Free Gravy														
Quorn Hotdog Pri	✓	✓ Wheat		✓								MC		
POTATO WEDGES CAJUN 1/2 PORTION PRI	✓													
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
STEAM JACKET WITH SWEETCORN & TUNA MAYO				✓	✓									
YOGHURT							✓							
Fruit Platter														
Broccoli														
Custard Milk Powder							✓							
Pineapple Upside Down Cake FB		✓ Wheat		✓										
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD CARROT PRI														
SALAD SWEETCORN PRI														
SALAD TOMATO PRI														
POTATO SALAD				✓										
Sweetcorn Pri														

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ALLERGEN CARD

Spring Grove SS 22 - W1D5

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fish Fingers		✓ Wheat			✓									
Fruit Platter														
CHAPATTI		✓ Wheat												
MATAR PANEER (Pea and Paneer Cheese)							✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
JACKET POTATO WITH CHEESE PRIMARY							✓							
Chips Pri														
Garden Peas PRI														
Chocolate Raspberry Swirl Cake Pri		✓ Wheat		✓										
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD CARROT PRI														
SALAD TOMATO PRI														
POTATO SALAD				✓										
SALAD SWEETCORN PRI														
Baked Beans PRI														

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ALLERGEN CARD















Spring Grove SS 22 - W2D1

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fruit Platter														
POTATO WEDGES CAJUN 1/2 PORTION PRI	✓													
Wholegrain & White Rice														
STEAM JACKET WITH SWEETCORN & TUNA MAYO				✓	✓									
CHICKPEA AND POTATO CURRY PRI														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							✓
Carrot Sticks														
Apple & Berry Crumble FB		MC Barley ✓ Oats ✓ Wheat												
Custard Milk Powder							✓							
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD TOMATO PRI														
SALAD CUCUMBER PRI														
SALAD CARROT PRI														
SALAD PEPPERS PRI														

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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
PASTA SALAD		✓ Wheat												
Cucumber Sticks														

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ALLERGEN CARD















Spring Grove SS 22 - W2D2

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Fruit Platter														
YOGHURT							✓							
Chicken Tikka Masala Pri V2									✓				MC	
Chicken Tikka Masala Halal Pri V2									✓				MC	
Chinese Veggie Noodles		✓ Wheat		✓									✓	
Wholegrain & White Rice														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
JACKET POTATO WITH CHEESE PRIMARY							✓							
JACKET POTATO WITH BAKED BEANS PRIMARY														
Garden Peas PRI														
Fruity Flapjack Bar FB		MC Barley ✓ Oats MC Wheat		✓										
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD PEPPERS PRI														
SALAD CARROT PRI														
SALAD TOMATO PRI														
PASTA SALAD		✓ Wheat												

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ALLERGEN CARD

Recipe	Allergens													
														
Broccoli														

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ALLERGEN CARD















Spring Grove SS 22 - W2D3

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Turkey Pri														
Lemon Roasted Chicken Breast Halal PRI														
Gluten Free Gravy														
YOGHURT							✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
EGG MAYONNAISE SANDWICH PRIMARY		MC Barley ✓ Wheat		✓								MC	✓	
Creamy Vegetable Pie with a Cheesy Shortcrust Topper Pri V2		✓ Wheat					✓							
Crudite SEC														
Fruit Platter														
ROAST POTATOES PRI														
Carrots														
Raspberry & Yoghurt Cake		✓ Wheat		✓			✓							
Cabbage Pri														
SALAD LETTUCE PRI														
SALAD TOMATO PRI														
SALAD CUCUMBER PRI														
SALAD CARROT PRI														
SALAD PEPPERS PRI														
PASTA SALAD		✓ Wheat												

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ALLERGEN CARD

Recipe	Allergens													
														
Tomato Pasta	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Tomato Pasta		✓ Wheat					✓							

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ALLERGEN CARD

Spring Grove SS 22 - W2D4

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Lamb Bolognese PRI V2													MC	
Lamb Bolognese Halal PRI V2													MC	
Pasta Wholemeal		✓ Wheat												
Bean and Vegetable Chilli PRI V2														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Fruit Platter														
JACKET POTATO WITH TUNA PRIMARY				✓	✓									
Wholegrain & White Rice														
Sweetcorn Pri														
Fruity Chocolate Brownie PRI		✓ Wheat		✓										
Tomato Pasta		✓ Wheat					✓							
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD LETTUCE PRI														
SALAD CARROT PRI														
SALAD PEPPERS PRI														
PASTA SALAD		✓ Wheat												
Green Beans PRI														

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Spring Grove SS 22 - W2D5

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
MSC Battered Pollock Fillet		✓ Wheat			✓									
JACKET POTATO WITH CHEESE PRIMARY							✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Fruit Platter														
The Incredible Burger	✓	✓ Wheat										MC		
Chips Pri														
Baked Beans PRI														
ICE CREAM BOX VANILLA PRI							✓							
Garden Peas PRI														
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD PEPPERS PRI														
SALAD TOMATO PRI														
SALAD CARROT PRI														
PASTA SALAD		✓ Wheat												
Tomato Pasta		✓ Wheat					✓							

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ALLERGEN CARD















Spring Grove SS 22 - W3D1

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
CHEESE AND TOMATO PIZZA SLAB		✓ Wheat					✓							✓
POTATO WEDGES CAJUN 1/2 PORTION PRI	✓													
STEAM JACKET WITH SWEETCORN & TUNA MAYO				✓	✓									
Gluten Free Gravy														
Fruit Platter														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Quorn Sausages - Ind Prep		✓ Barley ✓ Wheat		✓			✓							
CREAMED POTATOES FFL							✓							
Garden Peas PRI														
Oatie Cookie		MC Barley ✓ Oats ✓ Wheat												
Fresh Fruit Slices														
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD SWEETCORN PRI														

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
SALAD BEETROOT PRI														
Crunchy Coleslaw Home Made				✓										
Carrots														

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Spring Grove SS 22 - W3D2

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
JACKET POTATO WITH CHEESE PRIMARY							✓							
Chinese Style Chicken Noodles PRI		✓ Wheat		✓									✓	
Macaroni Cheese		✓ Wheat					✓							
YOGHURT							✓							
Chinese Style Chicken Noodles Halal PRI		✓ Wheat		✓									✓	
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
Fruit Platter														
JACKET POTATO WITH BAKED BEANS PRIMARY														
Broccoli														
APPLE & CARROT YOGHURT SLICE FB		✓ Wheat		✓			✓							
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD SWEETCORN PRI														
Crunchy Coleslaw Home Made				✓										
SALAD BEETROOT PRI														
Sweetcorn Pri														

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Lemon Roasted Chicken Breast Halal PRI														
Butternut Squash and Potato Pastry Slice Pri		✓ Wheat												
HOUMOUS AND VEGETABLE WRAP		✓ Wheat										✓		
Crudite SEC														
Gluten Free Gravy														
Lemon Roasted Chicken Breast Pri														
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
YOGHURT							✓							
Fruit Platter														
ROAST POTATOES PRI														
Cabbage Pri														
ICE CREAM BOX STRAWBERRY PRI							✓							
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD BEETROOT PRI														
SALAD SWEETCORN PRI														
Crunchy Coleslaw Home Made				✓										
Carrots														

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Spring Grove SS 22 - W3D4













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YOGHURT							✓							
Vegetable Lasagne PRI V2		✓ Wheat					✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
Lamb Keema PRI		MC Wheat												
LAMB KEEMA HALAL PRI		MC Wheat												
Wholegrain & White Rice														
Fruit Platter														
JACKET POTATO WITH TUNA PRIMARY				✓	✓									
Garlic and Herb Bread Wedge - Ind Prep		✓ Wheat												
Sweetcorn Pri														
Chocolate Sponge Cake		✓ Wheat		✓										
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD CUCUMBER PRI														
SALAD TOMATO PRI														
SALAD SWEETCORN PRI														
SALAD BEETROOT PRI														
Crunchy Coleslaw Home Made				✓										
Green Beans PRI														

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SOUTHERN FRIED CHICKEN GOUJON FFL		✓ Wheat												
Fruit Platter														
Quorn Dippers Pri	✓	✓ Wheat		✓			✓							
YOGHURT							✓							
HOMEMADE BREAD BEST OF BOTH		✓ Wheat												
JACKET POTATO WITH BAKED BEANS PRIMARY														
Chips Pri														
Baked Beans PRI														
CRACKERS AND SOFT CHEESE		✓ Wheat					✓							
Tomato Pasta		✓ Wheat					✓							
SALAD LETTUCE PRI														
SALAD TOMATO PRI														
SALAD CUCUMBER PRI														
SALAD BEETROOT PRI														
Crunchy Coleslaw Home Made				✓										
SALAD SWEETCORN PRI														
Garden Peas PRI														

Allergy Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food
- Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen