AMEY MENUS 2019-2020 SECONDARY SCHOOL

ALLERGENS INFORMATION

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| MAIN COURSE | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Salmon and Broccoli Pasta Bake |  | x |  |  | x |  | x |  |  |  |  |  |  |  |
| Macaroni Cheese |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Chicken Korma | x |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Veggie Burger in a Bun |  | x |  |  |  |  |  |  |  |  |  | x |  |  |
| Pasta Bolognaise | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet and Sour Vegetarian Spring Roll |  | x |  |  | x |  |  |  |  |  |  | x | x | x |
| Savoury Mince Beef | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dressed Pollock |  | x |  | x | x |  |  |  |  |  |  |  |  |  |
| Homemade Chicken Goujons with Sweet and Sour Sauce |  | x |  |  | x |  |  |  |  |  |  |  |  | x |
| Pasta Roma | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| MAIN COURSE | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Tomato and Cheese Pizza |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Quorn Sausage |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Vegetable Curry | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetarian Meatballs in Tomato Sauce with Pasta |  | x |  |  |  |  |  |  |  |  |  |  | x |  |
| BBQ Quorn Wrap |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Cheese Omelette |  |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Tomato Pasta Shells | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork Sausages |  | x |  |  |  |  |  |  |  |  |  |  |  | x |
| Tomato Pasta | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Burger in a Bun |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Steak Pie | x | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Fish Finger Wrap with Garlic Mayo |  | x |  | x | x |  | x |  |  |  |  |  |  |  |
| Gnocchi Bake |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| MAIN COURSE | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Vegetable Risotto | x |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Piri Piri Quorn in a Pitta Bread |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Quorn Shepherd’s Pie | x |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Cottage Pie | x |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Chicken Pie |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Quorn Casserole |  |  |  | x |  |  |  |  |  |  |  |  |  |  |
| Quorn Dippers |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Loaded Potato Skins |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Quorn Sausage in Gravy and Yorkshire Pudding | x | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Chicken in Gravy with Yorkshire Pudding | x | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Veggie Chilli | x |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Quorn Fajitas |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Chicken Stir Fry with Noodles | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Spanish Omelette |  |  |  | x |  |  | x |  |  |  |  |  |  |  |
| Creamy Pasta Bake |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Beef in Hoisin Sauce |  | x |  |  |  |  |  |  |  |  |  | x | x |  |
| Turkey Burger in a Seeded Bun |  | x |  |  |  |  | x |  |  |  |  |  | x |  |

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| SIDES | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| New Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato Wedges |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mashed Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Noodles |  | x |  | x |  |  |  |  |  |  |  |  |  |  |
| Rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Garlic Bread |  | x |  |  |  |  | x |  |  |  |  |  | x |  |
| Pitta Bread |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
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| VEGETABLES | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Swede |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato Salad | x | x |  | x |  |  | x |  | x |  |  | x | x | x |
| Mixed Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coleslaw | x | x | x | x | x |  | x |  | x |  |  | x | x | x |
| Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| SANDWICHES | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Chicken Mayo Sandwich |  | x |  | x |  |  | x |  | x |  |  |  |  |  |
| Egg Mayo Sandwich |  | x |  | x |  |  | x |  | x |  |  |  |  |  |
| Ham Tomato Roll |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Tuna Mayo Baguette |  | x |  | x | x |  | x |  | x |  |  |  |  |  |
| Ham Sandwich |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Chicken Mayo Wrap |  | x |  | x |  |  | x |  | x |  |  |  |  |  |
| Tuna Mayo Sandwich |  | x |  | x | x |  | x |  | x |  |  |  |  |  |
| Cheese Sandwich |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Cheese and Tomato Panini |  | x |  |  |  |  | x |  |  |  |  |  |  |  |

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| JACKET POTATOES | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Jacket Potato with Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacket Potato Cheese |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Jacket Potato with Tuna Mayo |  |  |  | x | x |  | x |  | x |  |  |  |  |  |
| Jacket Potato with Coleslaw | x | x | x | x | x |  | x |  | x |  |  | x | x | x |
| Jacket Potato with Chicken Mayo |  |  |  | x |  |  | x |  | x |  |  |  |  |  |

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| SOUPS | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Lentil Soup | x | x |  |  |  |  |  |  |  |  |  | x | x |  |
| Mushroom Soup | x |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Tomato Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Potato and Leek Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Potato and Lentil Soup | x | x |  |  |  |  |  |  |  |  |  | x | x |  |
| Potato Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Minestrone Soup | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn and Noodle Soup | x | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato and Basil Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato and Red Pepper Soup | x |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| DESSERTS | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Shortbread Biscuit |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Fruit Yoghurt |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Krispie Cake |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Iced Fairy Cake |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Chocolate Sponge Cakes |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Chocolate Cookies |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Plain Cookies |  | x |  | x |  |  | x |  |  |  |  |  |  |  |
| Fresh Fruit Salad |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DESSERTS | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
| Empire Biscuit |  | x |  |  |  |  | x |  |  |  |  |  |  |  |
| Oat and Raison Cookie |  | x |  |  | x |  | x |  |  |  |  |  |  |  |
| Raisins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apricots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ketchup Sachet 3663 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brown Sauce Sachet 3663 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Walkers plain Lights |  | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Tikka Paste |  |  |  |  |  |  |  |  |  | x | x |  |  |  |
| Milk |  |  |  |  |  |  | x |  |  |  |  |  |  |  |
| Flavoured Milk |  |  |  |  |  |  | x |  |  |  |  |  |  |  |