

**MAPLE GROVE PRIMARY SCHOOL  
SCHOOL MEAL ALLERGEN INFORMATION**

**The 14 ALLERGENS**

There are 14 major allergens which need to be declared when used as ingredients for food produced. Details of the products served in our school meals containing allergens are listed in the table below. For further information and advice about food allergies and intolerances visit the Food Standards Agency website [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy).

| <b>Week 1: 30/10, 20/11,11/12,8/1/18,<br/>21/1/18,26/2/18,19/3/18</b> | <b>Celery</b> | <b>Gluten</b> | <b>Crustacean</b> | <b>Eggs</b> | <b>Fish</b> | <b>Milk</b> | <b>Soya</b> | <b>Vegetarian</b> | <b>Vegan</b> | <b>Lactose</b> | <b>Wheat</b> |
|---|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Monday:</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Pepperoni Pizza</i>  |               | √             |                   |             |             |             |             |                   |              | √              | √            |
| <i>Cheese &amp; Tomato Pizza</i>                                      |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Homemade Coleslaw</i>  |               |               |                   | √           |             |             |             | √                 |              |                |              |
| <i>Jacket Potato with cheese &amp; beans</i>                          |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Jacket potato with Tuna &amp; Sweetcorn</i>                        |               |               |                   | √           | √           |             |             |                   |              |                |              |
| <b>Tuesday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Spaghetti Bolognaise</i>   |               | √             |                   |             | √           |             |             | √                 |              | √              | √            |
| <i>Macaroni Cheese</i>  |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Garlic Bread</i>   |               | √             |                   |             |             | √           |             |                   |              |                | √            |
| <i>Jacket Potato with Bolognaise</i>                                  |               | √             |                   |             | √           |             |             |                   |              |                |              |
| <i>Jacket Potato with Tuna Mayo</i>                                   |               |               |                   | √           | √           |             |             |                   |              |                |              |
| <i>Magic Chocolate Pudding</i>  |               | √             |                   | √           |             | √           |             | √                 | √            |                | √            |
| <b>Wednesday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Yorkshire Puddings</i>   |               | √             |                   | √           |             | √           |             | √                 |              | √              | √            |
| <i>Quorn Fillet</i>   |               |               |                   | √           |             |             |             | √                 |              |                |              |
| <i>Gravy</i>  |               |               |                   |             |             |             | √           | √                 |              |                | √            |
| <i>Tuna Mayo Roll</i>   |               | √             |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Turkey Roll</i>  |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Angel Delight</i>  |               |               |                   |             |             | √           |             | √                 |              | √              |              |

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|---|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Thursday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Local Butchers Sausages</i>                                      |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Linda McCartney Vegetarian Sausage</i>                           |               |               |                   |             |             |             |             | √                 |              |                |              |
| <i>Creamy Mash Potato</i>   |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Ham Roll</i>   |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Egg Roll</i>   |               | √             |                   | √           |             |             |             | √                 |              |                | √            |
| <i>School Favourite Cookie &amp; Milk</i>                           |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <b>Friday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Fishfingers</i>  |               | √             |                   |             | √           |             |             |                   |              |                | √            |
| <i>Roast vegetable Quesadilla</i>                                   |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Chips</i>  |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Bakewell Crumble Slice</i>                                       |               | √             |                   | √           |             |             |             | √                 |              |                | √            |
| <i>Custard</i>  |               |               |                   |             |             | √           |             | √                 |              | √              |              |

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| <b>Week 2:</b><br><b>6/11,27/11,18/12,15/1/18,5/2/18,5/3/18,26/3/18</b> | <b>Celery</b> | <b>Gluten</b> | <b>Crustacean</b> | <b>Eggs</b> | <b>Fish</b> | <b>Milk</b> | <b>Soya</b> | <b>Vegetarian</b> | <b>Vegan</b> | <b>Lactose</b> | <b>Wheat</b> |
|---|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Monday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Macaroni Cheese</i>  |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Tomato Pasta Bake</i>  |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Garlic Bread</i>   |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <i>Tuna &amp; Sweetcorn Roll</i>  |               | √             |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Fruit Smoothies</i>  |               |               |                   |             |             |             |             | √                 |              |                |              |
| <b>Tuesday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Chinese Sweet &amp; Sour Chicken</i>                                 | √             |               |                   |             |             |             |             |                   |              |                |              |
| <i>Chinese Sweet &amp; Sour Quorn</i>                                   | √             |               |                   | √           |             |             |             | √                 |              |                |              |
| <i>Wholegrain Rice</i>  |               |               |                   |             |             |             |             | √                 |              |                |              |
| <i>White Rice</i>   |               |               |                   |             |             |             |             | √                 |              |                |              |
| <i>Jacket Potato with Tuna Mayo</i>                                     |               |               |                   | √           | √           |             |             |                   |              |                |              |
| <i>Shortbread Finger with Milk</i>                                      |               | √             |                   |             |             | √           |             | √                 |              |                | √            |
| <b>Wednesday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Yorkshire Pudding</i>  |               | √             |                   | √           |             |             |             | √                 |              |                | √            |
| <i>Gravy</i>  |               |               |                   |             |             |             | √           | √                 |              |                | √            |
| <i>Chicken Roll</i>   |               |               |                   |             |             |             |             |                   |              |                | √            |
| <i>Tuna Mayo Roll</i>   |               | √             |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Artic Roll</i>   |               | √             |                   |             |             | √           |             | √                 |              | √              | √            |
| <b>Thursday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Turkey &amp; Vegetable Pie</i>                                       |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Quorn &amp; Vegetable Pie</i>  |               | √             |                   | √           |             |             |             | √                 |              |                | √            |
| <i>Mash Potato</i>  |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Jacket Potato with Cheese</i>  |               |               |                   |             |             | √           |             | √                 |              | √              |              |

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|---|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Friday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Chicken Breast Chunks</i>  |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Quorn Dippers</i>  |               | √             |                   | √           |             | √           |             | √                 |              |                | √            |
| <i>Chips</i>  |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Ham Roll</i>   |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Cheese Roll</i>  |               | √             |                   |             |             | √           |             | √                 |              |                |              |
| <i>Fairy Cakes</i>  |               | √             |                   | √           |             |             |             | √                 |              |                | √            |

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|--|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Monday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>All Day Breakfast</i>                                 |               | √             |                   | √           |             | √           |             |                   |              |                | √            |
| <i>All Day Vegetarian Breakfast</i>                      |               | √             |                   | √           |             | √           |             | √                 |              | √              | √            |
| <i>Bread</i>   |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Bacon Roll</i>  |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Sausage Roll</i>                                      |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Vegetarian Sausage Roll</i>                           |               | √             |                   | √           |             | √           |             | √                 |              | √              | √            |
| <i>Pancakes</i>  |               | √             |                   |             |             | √           |             |                   |              | √              | √            |
| <b>Tuesday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Chicken Casserole &amp; Dumplings</i>                 |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Mixed Bean Goulash &amp; Dumplings</i>                |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Mash Potato</i>                                       |               |               |                   |             |             |             |             | √                 |              |                |              |
| <i>Jacket potato with Cheese &amp; Beans</i>             |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Gingerbread Men</i>                                   |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <b>Wednesday</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Yorkshire Pudding</i>                                 |               | √             |                   | √           |             | √           |             | √                 |              | √              | √            |
| <i>Gravy</i>   |               |               |                   |             |             |             | √           | √                 |              |                | √            |
| <i>Gammon Roll</i>                                       |               | √             |                   |             |             |             |             |                   |              |                | √            |
| <i>Tuna Roll</i>   |               | √             |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Sage &amp; Onion Topped Quorn Fillet</i>              |               | √             |                   | √           |             |             |             | √                 |              |                | √            |

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|--|---------------|---------------|-------------------|-------------|-------------|-------------|-------------|-------------------|--------------|----------------|--------------|
| <b>Thursday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Spaghetti Bolognese</i>                               |               | √             |                   |             | √           |             |             |                   |              |                |              |
| <i>Spaghetti Napolitaine</i>                             |               | √             |                   |             |             | √           |             |                   |              | √              | √            |
| <i>Garlic Bread</i>                                      |               | √             |                   |             |             | √           |             |                   |              |                | √            |
| <i>Jacket Potato with Cheese</i>                         |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Jacket Potato With Tuna Mayo</i>                      |               |               |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Brownie</i>   |               | √             |                   | √           |             |             |             | √                 |              |                | √            |
| <i>Ice Cream</i>   |               |               |                   |             |             | √           |             | √                 |              |                |              |
| <b>Friday</b>  |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Fish Fingers</i>                                      |               | √             |                   |             | √           |             |             |                   |              |                | √            |
| <i>Veggie Nuggets</i>                                    |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Chips</i>   |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Tuna Mayo Roll</i>                                    |               | √             |                   | √           | √           |             |             |                   |              |                | √            |
| <i>Rice Pudding</i>                                      |               |               |                   |             |             | √           |             |                   |              | √              |              |
| <b>Every Day</b>   |               |               |                   |             |             |             |             |                   |              |                |              |
| <i>Coleslaw</i>  |               |               |                   | √           |             |             |             | √                 |              |                |              |
| <i>Potato Salad</i>                                      |               |               |                   | √           |             |             |             | √                 |              |                |              |
| <i>Pasta</i>   |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Muller Mini Fruit Corner</i>                          |               |               |                   |             |             | √           |             | √                 |              | √              |              |
| <i>Bread</i>   |               | √             |                   |             |             |             |             | √                 |              |                | √            |
| <i>Jelly</i>   |               |               |                   |             |             |             |             | √                 |              |                |              |