

**High school Menu 2022/2023**

|  | **Product** | **Allergens** |
| --- | --- | --- |
| **Breads** | 4626 sliced oval bun 3g fibre | **Gluten, Soya and Wheat May contain : *Barley, Egg, Milk, Oats, Rye and Sesame*** |
| 105666 thick sliced bloomer 7.1g fibre | **Gluten, Soya and Wheat May contain : Barley** |
| 33042 wholemeal pitta 5.4g fibre | **Gluten, Soya and Wheat May contain : Barley** |
| 4719Tomato tortilla 3.2g fibre | **Gluten and Wheat May contain : Milk and Soya** |
| 32378 bar marked panini 4.1g fibre | **Gluten and Wheat May contain : Sesame** |
| 33097 panini baguette 5.4g fibre | **Gluten and Wheat May contain : Sesame** |
| 120202 Chapatti 4.3g fibre | **Gluten and Wheat** |
| 123349Beetroot tortilla 5.3g fibre | **Gluten and Wheat** |
| McGhees 50/50 sliced bread 4.7g fibre | **Gluten, Soya and Wheat** |
| Focaccia Bread roll | **Gluten, Soya and Wheat May contain : Barley, Egg, Milk, Oats and Rye** |
|  | Turkey | **Nil** |
|  | BBQ Chicken | **Barley, Soya, Wheat, Celery** |
|  | Mozzarella Cheese | **Milk** |
|  | Grated Mozzarella | **Milk** |
|  | Chicken Mayonnaise | **Milk,Egg,** |
| **Fillings** | Cheese and pickle  Coronation chicken  Sweet chilli chicken  Chicken Tikka  Cajun chicken | **Milk, Barley, Sulpher dioxide**  **Milk, egg, Sulpher dioxide**  **May contain celery, mustard, wheat, soya**  **Milk**  **Milk, Egg** |
|  | Tuna Mayonnaise | **Fish, milk & egg** |
|  | Wafer thin cooked chicken | **Nil** |
|  | Cheddar & fruity coleslaw | **Milk & Egg, Sulpher dioxide** |
|  | Cheese coleslaw | **Egg, Milk** |
|  |  |  |
|  | Egg Mayonnaise | **Egg, milk & egg** |
|  |  |  |
|  | Violife vegan cheese | **Nil** |
|  | Mixed salad | **Celery** |
| **Product** | | **Allergens** |
|  | Chicken & Pasta Twirl Salad | **Mustard & Barley** |
| **Pasta** | Chicken Pasta Mayonnaise | **Gluten & Wheat, Milk & egg** |
|  | Ploughman’s Lunch | **Celery, Milk, Mustard, Sulphur Dioxide, Egg, Gluten, Wheat, Soya** *(may contain traces of barley & sesame)* |
|  | Tuna Pasta  Vegetable Noodle pot  Chicken Noodle pot  Pizzini | **Fish, eggs ,milk Gluten & Wheat**  ***Celery,Gluten,Egg,Wheat,Soya***  ***Celery,Gluten,Egg,Wheat,Soya***  ***Gluten,milk,wheat*** |
| **Hudsons** | Spicy chilli sauce | **Nil** |
| **Sauces** | Buttermilk ranch dressing | **Egg & Milk** |
|  |  |  |
| **Vegetables** | Vegetable Crudités 40g or 80g bags packs  All colour peppers  Carrots  Cucumber  Celery  Cauliflower  Sugar snap peas  Cherry tomatoes  Broccoli  Corn  Radish | **Celery** |
|  | Fresh mixed fruit pots 80g | **Nil** |
| **Fruit** | Assorted Melon Wedges 80g | **Nil** |
|  |  |  |
|  | Water | **Nil** |
| **Drinks** | Milk | **Milk** |
|  |  |  |