



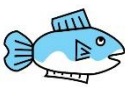
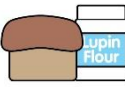










GGG Primary School menu allergen content

| Main Dishes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts† | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pasta Bolognese sauce | ✓ | WHEAT | | | | | | | | | | | | |
| Lentil and mushroom bolognese | ✓ | | | | | | | | | | | | | |
| Sweet potato red Thai curry | | | | | ✓ | | ✓ | | | | | | | |
| Chicken with mango, ginger and coriander | | | | | | | ✓ | | | | | | | |
| Quorn with mango ginger and coriander | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Butchers sausages | | WHEAT | | | | | | | | | | | | |
| Vegetarian sausages (Linda McCartney) | | WHEAT | | | | | | | | | | | ✓ | ✓ |
| Mixed fish & spinach au gratin | | WHEAT | | | ✓ | | ✓ | | | | | | | |
| Butternut squash & spinach au gratin | | WHEAT | | | | | ✓ | | | | | | | |

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|--|--------|----------------------------|-------------|------|------|-------|------|---------|---------|-------------------|---------|--------------|------|-----------------|
| Chicken/sweet potato and leek/mushroom pie | | WHEAT | | | | | ✓ | | | | | | | |
| Roast pork with apple sauce and stuffing | | WHEAT BARLEY | | | | | | | | | | | | |
| Smoked Fish /Tofu Kedgerree | | WHEAT | | ✓ | ✓ | | ✓ | | | | | | | |
| Baked potato with grated cheese, baked beans, tuna and sweetcorn | | | | ✓ | ✓ | | ✓ | | | | | | | |
| Sweet and sour chicken | | | | | | | | | | | | | ✓ | |
| Sweet and sour Quorn | | WHEAT | | ✓ | | | | | | | | | ✓ | |
| Sausage and bean hotpot | | WHEAT | | | | | | | | | | | | |
| Vegetarian sausage and bean hotpot | | WHEAT | | | | | | | | | | | ✓ | ✓ |
| Sweet potato pie with mashed cheesy potato topping | | WHEAT | | | | | ✓ | | | | | | | |
| Fisherman's pie with cheesy potato topping | | WHEAT | | | ✓ | | ✓ | | | | | | | |
| Gammon with parsley sauce | | WHEAT | | | | | ✓ | | | | | | | |
| Roast butternut squash with parsley sauce | | WHEAT | | | | | ✓ | | | | | | | |

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|--|--------|----------------------------|-------------|------|------|-------|------|---------|---------|-------|---------|--------------|------|-----------------|
| Roast beef with Yorkshire pudding | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Roast Quorn with Yorkshire pudding | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Spanish rice with chorizo | | WHEAT | | | | | ✓ | | | | | | | |
| Vegetarian rice | | | | | | | | | | | | | | |
| Chicken in a tomato, crème fraîche and kitchen herb sauce | | | | | | | ✓ | | | | | | | |
| Quorn in a tomato, crème fraîche and summer herb sauce | | | | ✓ | | | ✓ | | | | | | | |
| Meatballs in a tomato sauce | | WHEAT | | | | | | | | | | | ✓ | ✓ |
| Vegetarian meatless balls in a tomato sauce | | BARLEY | | | | | | | | | | | ✓ | |
| Butternut squash, chickpea and fresh coriander curry with naan bread | | WHEAT | | | | | ✓ | | | | | | | |
| Tuna and sweetcorn pasta bake | | | | | ✓ | | ✓ | | | | | | | |
| Quorn and sweetcorn pasta bake | | | | ✓ | | | ✓ | | | | | | | |

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|---|--------|----------------------------|-------------|------|------|-------|------|---------|---------|-------|---------|--------------|------|-----------------|
| Pasta with Tomato, Cream Cheese and Herbs | | WHEAT | | | | | ✓ | | | | | | | |
| Chicken and Broccoli Crunchy Cheesy Bake | | WHEAT | | | | | ✓ | | | | | | | |
| Sausage Plait with Homemade Tomato Sauce | | WHEAT | | | | | | | | | | | | |
| Vegetarian Sausage Plait with Homemade tomato Sauce | | WHEAT | | | | | | | | | | | | |
| Quorn Red Pepper and Tomato Au Gratin | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Chicken and Mushroom Pie with Kitchen Garden Herbs | | WHEAT | | | | | ✓ | | | | | | | |
| Quorn and Mushroom Pie with Kitchen Garden Herbs | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Spaghetti Carbonara | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Mushroom Carbonara | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Traditional Beef Lasagne | ✓ | WHEAT | | | | | ✓ | | | | | | | |
| Roast Vegetable Lasagne | ✓ | WHEAT | | | | | ✓ | | | | | | | |
| Toad in the Hole | | WHEAT | | ✓ | | | ✓ | | | | | | | |

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|--------------------------|--------|----------------------------|-------------|------|------|-------|------|---------|---------|-------|---------|--------------|------|-----------------|
| Chicken in Boursin sauce | | WHEAT | | | | | ✓ | | | | | | | |
| Chicken Enchilada | | WHEAT | | | | | | | | | | | | |
| Vegetable Fried Rice | | | | ✓ | | | | | | | | | ✓ | |
| Mozzarella sticks | | ✓ | | | | | ✓ | | | | | | | |

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|--------------------------------|--------|----------------------------|-------------|------|------|-------|------|---------|---------|-------|---------|--------------|------|-----------------|
| Banana custard | | | | | | | ✓ | | | | | | | |
| Apple and banana cake | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Raspberry and lemon traybake | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Cheese and biscuits | | WHEAT | | | | | ✓ | | | | | | | |
| Apple and berry oatly crumble | | WHEAT OAT | | | | | ✓ | | | | | | | |
| Lemon and Raspberry Cheesecake | | WHEAT | | | | | ✓ | | | | | | | |
| Eton Mess with | | | | ✓ | | | ✓ | | | | | | | |
| Local Berries | | | | | | | | | | | | | | |
| Pineapple Upside Down Cake | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Eve's Pudding | | WHEAT | | ✓ | | | ✓ | | | | | | | |
| Hilbrooks Luxury Ice Cream | | | | ✓ | | | ✓ | | | | | | | |
| Local Berry Jelly | | | | | | | | | | | | | | |
| Apple and Blackberry Cake | | WHEAT | | ✓ | | | ✓ | | | | | | | |

Review
date:

SEPTEMBER
2025

Reviewed
by:

Monica Popa

