

AMEY secondary school meals allergen list

Item	Allergen	May contain
Soup		
Lentil soup	Celery	
Tomato soup	Celery	
Minestrone soup	Gluten (Wheat)	
Potato and leek soup	Celery	
Carrot and coriander soup	Celery	
Vegetable soup	Celery	
Cajan carrot and pepper soup	Celery	
Sweetcorn and noodle soup	Egg, Celery Gluten (wheat)	
Main meals		
Italian spicy pasta	Gluten (wheat)	
Vegan sausage and mash potato	Gluten (wheat)	
Spanish chicken and diced potato	Mustard	
Veg risotto	Milk	
Quorn and lentil cottage pie	Soya, Egg, SO2, Gluten (wheat, barley)	
Mince beef and mashed potato	Celery, SO2	
Chicken casserole with new potato	Celery, Gluten (Wheat)	
Mac and cheese	Milk, Gluten (wheat)	
Fish and chips	Fish, Gluten (wheat)	
Spanish omelette and chips	Egg, Milk	
Quorn tikka masala and rice	Egg, Milk	
Salmon fishcakes and new potato	Fish, Gluten (wheat)	
Chicken curry and rice	Celery, Mustard	
Lentil and sweet potato curry and rice	Celery, Mustard	
BBQ chicken pitta and rice	Celery, Milk, Soya, Gluten (barley, wheat)	
Spring rolls in sweet chilli sauce and rice	Celery, Soya, SO2, Gluten (wheat)	
Veggie sausage and chips	Gluten (wheat)	
Pizza and pasta combo	Milk, Gluten (wheat)	
Sweet and chilli Quorn and rice	Egg, Gluten (wheat)	
Beef chilli and rice	None	Gluten (wheat)
Spicy veg noodles	Celery, Soya, Egg,	
Philly cheese wrap and wedges	Milk, Gluten (wheat)	
Vegan meatballs in tomato sauce and pasta	Soya, Gluten (wheat)	
Piri Piri chicken with savoury rice	None	
Quorn spaghetti bolognaise	Egg, Soya, Mustard and Gluten (barley, wheat)	
Broccoli and cauliflower bake	Milk, Gluten (wheat)	

