



COOMBE WOOD SCHOOL

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

Sulphites

Please find below the allergens for our main meals and puddings.

The yoghurt that we provide as an option each day for our puddings contains **Milk**



Halal Suitable Dishes

WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Masala Curry *	Asian Noodle Stir Fry *	Pasta in a Tomato and Basil Sauce	Carrot Cake
	NONE	Gluten, Egg, Soya	Gluten	Gluten, Egg
Tuesday	Italian Meatballs with Spaghetti	Vegetarian Shepherd's Pie	Jacket Potato with Beans, Cheese or Coleslaw	Fresh Fruit Platter
	Gluten, Celery, Soya	NONE	Milk, Egg	NONE
Wednesday	Roast BBQ Chicken Dinner *	Vegetarian Sausage Jambalaya	Pasta in Roasted Vegetable Sauce	Yoghurt or Cheese & Biscuits
	NONE	Soya	Gluten	Milk, Gluten
Thursday	Beef Lasagne *	Vegetable Lasagne	Jacket Potato with Beans, Cheese or Coleslaw	Mandarin Cheesecake
	Gluten, Milk	Gluten, Milk	Milk, Egg	Gluten, Milk, Egg
Friday	Cod Bites *	Vegetarian Chilli Con Carne	Pasta in Roasted Red Pepper and Chilli Sauce	Pancakes with Fruit Compote
	Fish, Gluten	NONE	Gluten	Gluten, Egg, Milk

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Lamb Spaghetti Bolognese *	Vegetable Samosa with New York Deli Slaw	Jacket Potato with Beans, Cheese or Coleslaw	Fruit Platter or Yoghurt
	Gluten	Gluten	Milk, Egg	Milk
Tuesday	Braised BBQ Pork with Rice	Cheese, Tomato & Spinach Pin Wheel	Pasta in a Tomato and Basil Sauce	Apple & Peach Oatie Crumble
	NONE	Gluten, Milk	Gluten	Gluten
Wednesday	Roast Paprika Chicken Dinner*	Jacket Potato with Beans, Cheese or Coleslaw	Asian Noodle Stir Fry With Soy & Honey Salmon	Yoghurt or Cheese & Biscuits
	NONE	Milk, Egg	Gluten, Egg, Soya, Fish	Gluten, Milk
Thursday	Beef Chilli Con Carne *	Spanish Vegetable Frittata with Cherry Tomatoes	Pasta in Roasted Vegetable Sauce	Eve's Pudding
	NONE	Milk, Egg	Gluten	Eggs, Gluten
Friday	Fish Fingers *	Cheese & Tomato Flan	Jacket Potato with Beans, Cheese or Coleslaw	Ice Cream Pots
	Fish, Gluten	Gluten, Egg, Milk	Milk, Egg	Milk

WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	Lamb Hotpot *	Mac & Cheese	Pasta in a Tomato and Basil Sauce	Fruit Platter or Yoghurt
	NONE	Gluten, Milk, Mustard	Gluten	Milk
Tuesday	Chicken Pasta Arrabbiata *	Sweet Potato, Chickpea and Spinach Curry *	Jacket Potato with Beans, Cheese or Coleslaw	Apple Crumble
	Gluten	NONE	Milk, Egg	Gluten
Wednesday	Spicy Honey Roast Chicken Dinner *	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy	Pasta in Roasted Vegetable Sauce	Yoghurt or Cheese & Biscuits
	NONE	Gluten, Milk, Egg, Soybean, Sulphur Dioxide	Gluten	Gluten, Milk
Thursday	Braised Chicken Sausages in Onion Gravy *	Nasi-Goreng (Stir-Fried Vegetable Rice)	Jacket Potato with Beans, Cheese or Coleslaw	Lemon Drizzle Slice
	Gluten, Sulphur Dioxide	Gluten, Soya, Egg	Milk, Egg	Eggs, Gluten
Friday	Breaded Baked Fish Fillet *	Broccoli & Cauliflower Cheese with Sweet Potato Mash	Pasta in Roasted Red Pepper and Chilli Sauce	Ice Cream Trifle Cake
	Fish, Gluten	Milk, Mustard	Gluten	Gluten, Milk, Egg

