

Secondary Recipes 2015/16

Y=Yes, N= No, P= Possibly*

	Gluten	Crustacean	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame seeds	Sulphur Dioxide	Lupin	Molluscs
WEEK 1														
Bangers & Mash	Y	N	N	N	N	Y	N	N	N	N	N	Y	N	N
Beef Sliders in Pitta Bread	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Vegetable Chow Mein	Y	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Sticky Teriyaki Salmon	Y	N	N	Y	N	Y	N	N	N	N	N	N	N	N
Texan Buffalo Wings	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
Hearty Shepherd's Pie	Y	N	N	N	N	N	P	N	N	N	N	N	N	N
Warming Root Vegetable Pie	Y	N	N	N	N	N	P	N	N	N	N	N	N	N
Lamb Moussaka	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
Roast Beef & Yorkshire Puds	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Yorkshire Pudding	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Roasted Cinnamon Chicken	N	N	N	N	N	N	N	N	N	N	N	P	N	N
Roast Quorn Fillet	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Salmon Goujons	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N
Aromatic Chicken Masala	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
Piri Piri Chicken	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Vegetable Burrito	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Blackened Cajun Pollock Fillet	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Minced Beef & Onion Pie	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheese, Onion & Potato Pasty (v)	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Quorn Hot Dogs	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Crispy Roast Potatoes	P	N	N	N	N	N	N	N	N	N	N	N	N	N
Carrot & Beetroot Cake	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Apple & Black Cherry Oat Crumble with Custard	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Jam & Coconut Sponge with Custard	Y	N	Y	N	N	N	Y	N	N	N	N	Y	N	N
Chocolate Cracknel	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
Rice Pudding with Fruit Compote	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
WEEK 2														
Mexican Beef Burrito	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N
Sweet Chilli Chicken	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Chunky bean & Lentil Chilli (v)	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jamaican Escovitch Salmon	Y	N	N	Y	N	N	N	N	N	N	N	N	N	N
Beef Lasagne & Garlic Bread	Y	N	N	N	N	N	Y	N	N	Y	N	N	N	N
Minted Lamb Burger	Y	N	N	N	N	Y	N	N	N	N	Y	N	N	N
Cheese & Tomato Flan	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N

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Spicy Meatballs	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Roasted Thyme Chicken	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheesy Cottage Pie	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
Roasted Veg & Feta Pasta	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
Mediterranean Pollock	N	N	N	Y	N	N	N	N	N	N	N	P	N	N
Thai Red Beef Curry	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
Sticky BBQ Drumsticks	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N
Aubergine Bake	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Tandoori Chicken	P	N	N	N	N	N	N	N	Y	P	N	N	N	N
Chicken & Mushroom Pie	Y	N	N	N	N	P	Y	N	N	N	N	N	N	N
Macaroni Cheese	Y	N	N	N	N	N	Y	N	N	Y	N	N	N	N
Slow Cooked Beef Stew	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Rosemary & Garlic Roast Potatoes	P	N	N	N	N	N	N	N	N	N	N	N	N	N
Tangy Red Coleslaw	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Fruit Crumble & Custard	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Spiced Banana Cake	Y	N	Y	N	N	N	P	N	N	N	N	N	N	N
Fruit Smoothie	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sultana Flapjack	Y	N	N	N	N	N	P	N	N	N	N	N	N	N
Arctic Roll	Y	N	Y	N	N	Y	Y	N	N	N	N	N	N	N
WEEK 3														
Jerk Chicken	Y	N	N	N	N	N	N	N	N	N	N	P	N	N
Beef in Black Bean Sauce	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Red Dragon Pie	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lamb Tavas	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Beef Ragù with Penne Pasta	Y	N	P	N	N	N	N	N	N	N	N	N	N	N
Cottage Pie	Y	N	N	N	N	N	P	N	N	N	N	N	N	N
Quorn Stir Fry	Y	N	Y	N	N	Y	N	N	Y	N	N	N	N	N
Lemon & Pepper Fish Goujons	Y	N	N	Y	N	N	N	N	N	N	N	P	N	N
Roast Leg of Lamb/Shoulder	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Turkey & Leek Pie	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Cheesy Bubble & Squeak	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Rigatoni sausage bake	Y	N	N	N	N	Y	N	N	N	N	N	Y	N	N
Lamb Madras	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Chicken Tikka	P	N	N	N	N	N	Y	N	Y	P	N	P	N	N
Sweet Potato & Lentil Curry (v)	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N
Jamaican Lamb Patty	Y	N	N	N	N	N	P	N	N	Y	N	N	N	N

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Chef's Fish of the Day	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
Beef Burger in a Bap	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N
Cheese, Onion & Potato Pie (v)	Y	N	N	N	N	N	Y	N	N	N	N	N	N	N
Lemon & Thyme Chicken	N	N	N	N	N	N	N	N	N	N	N	P	N	N
Crispy Herb Roasties	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweet Pepper Pilaf	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ginger Sponge	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Apple & Cinnamon Crumble with Custard	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Bread Pudding	Y	N	Y	N	N	Y	P	N	N	N	N	Y	N	N
Peach Melba	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chips (fried)	N	N	N	P**	N	N	N	N	N	N	N	N	N	N

* Where a food may possibly contain an allergen, we may be able to omit or swap that ingredient to avoid the allergen being included in the recipe

** Chips may contain fish if they have been fried in a fryer that is also used to fry fish. Please check with your school for further information