Inverclyde Secondary school Allergen Information 2023-24

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| **Week 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning break | Plain bagel: **Contains:** Barley, gluten, rye, wheat  Cinnamon bagel: **Contains:** Barley, gluten, wheat **may contain** rye, sesame  Chicken links roll **Contains:** Gluten, wheat sulphites  Turkey slice roll **Contains:** Gluten and Wheat  Chicken grill roll: **Contains:** Gluten, wheat | | | | |
| **Week 1**  **Option 1-** Traditional  **£2.00** | Salmon bites  **Contains:** Gluten, fish, Wheat  Potato wedges  **Contains:** None of the 14 food allergens | Chicken meatballs in gravy  **Contains:** None of the 14 food allergens  Mash potato  **Contains:** Milk | Bolognaise  **Contains:** None of the 14 food allergens  Pasta/spaghetti  **Contains:** Gluten and Wheat | Chicken and vegetable  **Contains:** None of the 14 food allergens  Puff pastry top  **Contains:** Gluten and Wheat  Mash potato  **Contains:** Milk | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  Beef Burger  **Contains**: Gluten, Sulphites and Wheat  Quorn burger  **Contains:** Barley, Egg, Gluten, Milk and Wheat  Roll  **Contains:** Gluten, Sesame and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish |

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| **Week 2**  **Option 1-** Traditional  **£2.00** | Chicken or  Veg Fajitas  **Contains:** Gluten and Wheat | Vegan sausage roll(v)  **Contains:** Gluten and Wheat  Potato wedges  **Contains:** None of the 14 food allergens | Stew Steak and GF Sausage  **Contains:** Celery and Sulphites  Puff pastry top  **Contains:** Gluten and Wheat  Mash potato  **Contains:** Milk | Chicken curry **Contains:** Celery, Gluten, Mustard, Sulphites and Wheat  Boiled rice  **Contains**: none of the 14 allergens | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  **Contains**: Gluten, Sulphites and Wheat  Quorn burger  **Contains:** Barley, Egg, Gluten, Milk and Wheat  Roll  **Contains:** Gluten, Sesame and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish |
| **Week 3**  **Option 1-** Traditional  **£2.00** | Sausage  **contains** gluten  Mash potato  **Contains:** Milk | Roast meat  **Contains:** None of the 14 Allergens  Yorkshire pudding  **contains**: Egg, Gluten, Milk and Wheat  Roast potatoes  **Contains**: none of the 14 allergens | Chilli beef  **Contains** Celery  Nachos  **Contains:** None of the 14 Food Allergens | Chicken meatballs **Contains:** None of the 14 Allergens  Sub Roll  **Contains:** Gluten and Wheat  **May contain:** Sesame  potato wedges **Contains:** None of the 14 Allergens | Breaded Haddock  **Contains:** Fish, Gluten and Wheat  **Contains**: Gluten, Sulphites and Wheat  Quorn burger  **Contains:** Barley, Egg, Gluten, Milk and Wheat  Roll  **Contains:** Gluten, Sesame and Wheat  Chips  **May Contain:** Wheat, Gluten, Fish |
| **Week 1, 2 and 3**  **Option 2 –** Pasta  **£1.30** | Tomato and basil penne  **Contains:**  Gluten, Wheat | Cheesy macaroni **Contains:** Gluten, Milk and Wheat | Cajun Chicken pasta  **Contains:** Gluten, Milk and Wheat | Vegeball and tomato pasta  **Contains:**  Gluten, Soya and Wheat |  |
| **Week 1, 2 and 3**  **Option 3-** Burger  **£1.50** | turkey burger  **Contains:** Gluten, Milk, Soya and Wheat  Roll  **Contains** Gluten, Sesame and Wheat | Quorn Southern Style Burger  Contains:  Roll  **Contains** Gluten, Sesame and Wheat | Chicken burger  **Contains:** Gluten, wheat  Roll  **Contains** Gluten, Sesame and Wheat | Quorn Burgers  **Contains** ;Barley, Gluten, Egg, Milk and Wheat  Roll  **Contains** Gluten, Sesame and Wheat |  |
| **Week 1, 2 and 3**  **Option 4 -** Pizza  **£1.30** | Triple cheese pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg | Chicken pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg | Triple cheese pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg | Chicken pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg | Triple cheese pizza slice  **Contains:** Gluten, Milk, Wheat  **May contain** Egg |
| **Week 1, 2 and 3**  Option 5-  **From £1.20 to £1.80** | Bread **Contains**: Gluten, Soya and Wheat **May contain** : Barley and Sesame  Panini **Contains:** Gluten and wheat **may contain**: sesame  Wrap **Contains:** Gluten and Wheat  Baguette **Contains:** Gluten and wheat **may contain** Barley sesame  Cheese **Contains:** Milk  Sliced Chicken **Contains:** None of the 14 allergens  Sliced Turkey **Contains:** None of the 14 allergens  Tuna mayo **Contains:** Fish and Egg  Chicken mayo **Contains:** Egg  Cheese Pizzini **Contains :** Gluten, Milk and Wheat  Spicy chicken Pizzini **Contains :** Gluten, Milk and Wheat | | | | |
| **Desserts**  **50p** | Plain and chocolate sponge cake  **Contains:** Egg, Gluten, milk and Wheat **May contain:** Soya | | | | |