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, wheatCinnamon bagel: **Contains:** Barley, gluten, wheat **may contain** rye, sesame Chicken links roll **Contains:** Gluten, wheat sulphitesTurkey slice roll **Contains:** Gluten and WheatChicken grill roll: **Contains:** Gluten, wheat  |
| **Week 1****Option 1-** Traditional**£2.00** | Salmon bites**Contains:** Gluten, fish, WheatPotato wedges**Contains:** None of the 14 food allergens  | Chicken meatballs in gravy**Contains:** None of the 14 food allergensMash potato**Contains:** Milk  | Bolognaise **Contains:** None of the 14 food allergensPasta/spaghetti **Contains:** Gluten and Wheat | Chicken and vegetable**Contains:** None of the 14 food allergensPuff pastry top**Contains:** Gluten and WheatMash potato**Contains:** Milk | Breaded Haddock**Contains:** Fish, Gluten and WheatBeef Burger**Contains**: Gluten, Sulphites and WheatQuorn burger**Contains:** Barley, Egg, Gluten, Milk and WheatRoll**Contains:** Gluten, Sesame and WheatChips**May Contain:** Wheat, Gluten, Fish |

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| **Week 2****Option 1-** Traditional**£2.00** | Chicken orVeg Fajitas**Contains:** Gluten and Wheat | Vegan sausage roll(v)**Contains:** Gluten and WheatPotato wedges**Contains:** None of the 14 food allergens  | Stew Steak and GF Sausage**Contains:** Celery and SulphitesPuff pastry top**Contains:** Gluten and WheatMash potato **Contains:** Milk | Chicken curry **Contains:** Celery, Gluten, Mustard, Sulphites and WheatBoiled rice **Contains**: none of the 14 allergens | Breaded Haddock**Contains:** Fish, Gluten and Wheat**Contains**: Gluten, Sulphites and WheatQuorn burger**Contains:** Barley, Egg, Gluten, Milk and WheatRoll**Contains:** Gluten, Sesame and WheatChips**May Contain:** Wheat, Gluten, Fish |
| **Week 3****Option 1-** Traditional**£2.00** | Sausage **contains** glutenMash potato**Contains:** Milk | Roast meat **Contains:** None of the 14 AllergensYorkshire pudding**contains**: Egg, Gluten, Milk and WheatRoast potatoes**Contains**: none of the 14 allergens | Chilli beef**Contains** CeleryNachos **Contains:** None of the 14 Food Allergens | Chicken meatballs **Contains:** None of the 14 AllergensSub Roll **Contains:** Gluten and Wheat **May contain:** Sesamepotato wedges **Contains:** None of the 14 Allergens  | Breaded Haddock**Contains:** Fish, Gluten and Wheat**Contains**: Gluten, Sulphites and WheatQuorn burger**Contains:** Barley, Egg, Gluten, Milk and WheatRoll**Contains:** Gluten, Sesame and WheatChips**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 WheatRoll**Contains** Gluten, Sesame and Wheat | Quorn Southern Style BurgerContains:Roll**Contains** Gluten, Sesame and Wheat | Chicken burger **Contains:** Gluten, wheatRoll**Contains** Gluten, Sesame and Wheat | Quorn Burgers**Contains** ;Barley, Gluten, Egg, Milk and WheatRoll**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 SesamePanini **Contains:** Gluten and wheat **may contain**: sesameWrap **Contains:** Gluten and WheatBaguette **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 allergensTuna mayo **Contains:** Fish and EggChicken mayo **Contains:** EggCheese 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 |