

West Oxford Summer 2017 Allergen Information

List of menu items containing the various allergens:

Crustaceans:	None
Molluscs:	None
Eggs:	Passion Cake, Egg or Tuna Mayo Deli Baguette, Veggie Balls, Yorkshire Pudding, Quorn Sausage, Noodles, Quorn Stir Fry, Apple and Cinnamon Cake, Marble Raspberry Cake, Quorn Burger, Tuna Mayo, Meatballs, Veggie Toad in the Hole, Fishcake, Tartar Sauce, Omelette, Potato Salad, Waldorf Salad, Coleslaw,
Fish:	Deli Baguette Tuna Mayo, Breaded Fish, Fish Cakes, Fish Fingers,
Peanuts:	None
Soya:	Quorn Stir Fry, Veggie Toad in the Hole,
Milk:	Mash, Deli Baguette with Cheese, Egg Mayo or Tuna Mayo, Yoghurt, Yorkshire Pudding, Macaroni Cheese, Scones and Whipped Cream, Chicken Casserole, Milk, Pizza Margarita, Parsley Sauce, Vegetable Crumble, Lasagne, Halomi, Jacket Potato with Cheese or Tuna Mayo, Greek Salad, Tomato and Roast Vegetable Bake, Ice Cream, Vegetarian Toad in the Hole, Tartar Sauce, Custard, Omelette, Potato Salad, Waldorf Salad, Coleslaw,
Celery:	Quorn Stir Fry, Vegetable Crumble, Tomato and Bean Rice, Chicken Casserole,
Mustard:	Macaroni Cheese,
Sesame Seeds:	None
Sulphur Dioxide:	None
Lupin:	None
Nuts:	None, sometimes basic ingredients will state: " may contain nuts"
Gluten:	Bread, Sausage, Samosa, Passion Cake, Deli Baguettes, Veggie Balls, Yorkshire Pudding, Stuffing, Chocolate Fork Biscuits, Macaroni Cheese, Couscous, Scones, Breaded Fish, Quorn Sausage, Pasta, Chicken Casserole, Noodles, Quorn Stir Fry, Oat cookie, Pizza Margarita, Parsley Sauce, Apple and Cinnamon Cake, Vegetable Crumble, Lasagne, Garlic Bread, Marble and Raspberry Cake, Quorn Burger, Pitta Bread, Yoghurt and Crunch, Meatballs, Tomato and Roast Vegetable Pasta Bake, Vegetarian Toad in the Hole, Fishcake, Fruit Crumble, Fish Finger,

If your child has any food allergies let the school office know and speak to me so that I can cook allergen free variations of the above dishes or cook an appropriate alternative.