

Hellesdon High School Food Allergen & Intolerance Information

Dish	Cereals contain Gluten	Crustaceans NEVER USED	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs NEVER USED
Vegetable Chilli *	Wheat Gluten													
Italian Meatballs – Homemade *	Wheat Gluten		Y											
Italian Meatballs – Frozen	Wheat Gluten					Y	Y - Milk				Y Trace			
Cheesy Leek, Mushroom & Potato Bake *	Wheat Gluten						Y - Milk Cheese							
Moroccan Lamb Pie	Wheat Gluten		Y Trace	Y Trace		Y Trace	Y – Milk		Y	Y Trace		Y		
Shepherds Pie *	Wheat Gluten													
Roast vegetable plait	Wheat Gluten		Y				Y - Milk				Y Trace			
Roast chicken														
Yorkshire pudding	Wheat Gluten		Y				Y - Milk							
Cheese & Tomato Quiche	Wheat Gluten		Y				Y –Milk Cheese							
Cod in Batter	Wheat Gluten			Y			Y-Milk			Y				
Cauliflower, Broccoli Cheese *	Wheat Gluten						Y –Milk Cheese							
Sausage Casserole *	Wheat Gluten		Y Trace	Y Trace		Y Trace	Y - Milk		Y	Y Trace	Y Trace	Y		
Vegetable Lasagne *	Wheat Gluten						Y –Milk Cheese							

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Chicken & Vegetable Pie *	Wheat Gluten		Y											
Pasta, Peas & Sweetcorn *	Wheat Gluten						Y- Milk Cheese							
Beef Balti *	Wheat Gluten													
Cottage Pie *	Wheat Gluten													
Roast Pork														
Vegetable Moussaka *	Wheat Gluten						Y –Milk Cheese							
Savoury Minced Beef *	Wheat Gluten													
Jerk Chicken														
Pasta Marguerite	Wheat Gluten						Y –Milk Cheese							
Beef Enchilada	Wheat Gluten						Y –Milk Cheese							
Roast Vegetable Quiche	Wheat Gluten		Y				Y –Milk Cheese							
Pasta Bolognese *	Wheat Gluten													
Baked Gammon														
Vegetable & Bean Wrap	Wheat Gluten						Y –Milk Cheese							

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Cheese & Potato Pasty Homemade	Wheat Gluten		Y				Y - Cheese							
Beef Lasagne *	Gluten					Wheat	Y -Milk Cheese							
Vegetable Biryani *	Wheat Gluten													
Sausage Plait	Wheat Gluten		Y											
Mushroom Pasta Bake *	Wheat Gluten						Y -Milk Cheese							
Chicken Korma							Y - Milk							
Vegetable Pasty Homemade	Wheat Gluten		Y Trace				Y -Milk Cheese							
Roast Beef														
Quorn Sausage Casserole	Wheat Gluten		Y Trace	Y Trace		Y	Y - Milk		Y	Y Trace	Y Trace	Y		
Chilli Vegetable Enchilada	Wheat Gluten						Y - Milk							
Quorn Pieces in sauce	Wheat Gluten		Y	Y Trace		Y	Y - Milk		Y	Y Trace	Y Trace	Y		
Quorn Mince in sauce	Wheat Gluten		Y	Y Trace		Y	Y - Milk		Y	Y Trace	Y Trace	Y		
Cheese Tomato Pizza	Wheat Gluten						Y - Cheese							
Fine Gravy Mix	Wheat Gluten		Y Trace	Y Trace		Y	Y Milk		Y Trace	Y Trace		Y		
Knorr Gravy Mix														

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Vegetable Bouillon Paste														
Mixed Herbs														
Naan Bread	Wheat Gluten						Y- Milk							
Sausage Rolls	Wheat Gluten		Y											
Beef & Veg Pasty	Wheat Gluten		Y				Y - Milk	Y Trace				Y		
Cheese Potato Pasty	Wheat Gluten		Y				Y Cheese							
Potato Wedges	Wheat Gluten													
Rolls – White	Wheat Gluten					Y								
Rolls – Granary	Wheat Gluten					Y								
Rolls – Wholemeal	Wheat Gluten					Y								
Bagels	Wheat-Rye-Barley Gluten										Y Trace			
Wraps	Wheat Gluten													
Salad Cream portion			Y							Y				

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Cheese on Toast	Wheat Gluten						Y - Cheese							
Chicken Mayo			Y				Y - Milk			Y				
BBQ Chicken	Wheat Gluten Barley Gluten					Y				Y				
Tuna Mayo			Y	Y			Y - Milk			Y				
Ham						Y								
Cheese							Y Cheese							
Branston Pickle	Barley Gluten											Y		
Brie & Vegetable							Y - Milk							
Egg Mayo			Y				Y - Milk			Y				
Pitta Bread	Wheat Gluten													
Garlic Bread	Wheat Gluten						Y - Milk							
Panini Rolls	Wheat Gluten						Y - Milk Trace				Y Trace			
Chicken Dip & Dust	Wheat Gluten					Y	Y - Milk							

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Vegetable Dim Sum	Wheat Gluten					Y			Y		Y			
Mozzarella Bites	Wheat Gluten					Y	Y-Milk							
Chocolate Iced Donuts	Wheat Gluten		Y			Y	Y- Milk							
Sugar Ring Donut	Wheat Gluten					Y								
Jam Donut	Wheat Gluten					Y								
Cookies	Wheat Gluten		Y			Y Trace	Y-Milk Trace	Y Trace	Y Trace	Y Trace	Y Trace			
Jelly														
Ice Cream							Y - Milk							
Yoghurt							Y - Milk							
Assorted Sweet Biscuits	Wheat Gluten		Y			Y	Y - Milk							
Chocolate/Coloured Strands						Y								
Eves Pudding	Wheat Gluten		Y											
Chocolate Sponge	Wheat Gluten		Y			Y	Y - Milk					Y		
Jam Tart	Wheat Gluten													

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Lemon Meringue Pie	Wheat Gluten		Y			Y	Y - Milk					Y		
Chocolate Krispie Cake	Wheat Gluten					Y	Y - Milk					Y		
Banoffee Pie Roselle Topping	Wheat Gluten						Y - Milk					Y		
Iced Sponge Fingers	Wheat Gluten		Y			Y								
Oattie Apple Crumble	Wheat Gluten						Y - Milk							
Bakewell Tart	Wheat Gluten		Y				Y - Milk	Tree Nuts				Y		
Fruit Yoghurt							Y - Milk							
Blackcurrant or Cherry Crumble Tart	Wheat Gluten													
Jam Sponge Pudding	Wheat Gluten		Y											
Toffee Cream Tart	Wheat Gluten						Y - Milk					Y		
Apple Tart	Wheat Gluten		Y											
Sticky Toffee Pudding Toffee Sauce	Wheat Gluten		Y				Y - Milk					Y		
Citrus Sponge Pudding	Wheat Gluten		Y											
Jam Roly Poly	Wheat Gluten													

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Chocolate Whip	Barley Gluten						Y - Milk							
Strawberry Whip	Wheat Gluten		Y may			Y may	Y-Milk							
Fruit Cheesecake Roselle Topping	Wheat Gluten						Y - Milk					Y		
Chocolate Oattie Square	Wheat Gluten													
Ginger Sponge Pudding	Wheat Gluten		Y											
Crunchy Cornflake Tart	Wheat Gluten					Y Trace	Y - Milk	Y Trace				Y		
Plain or Chocolate Shortbread Biscuit	Wheat Gluten													
Cold Fruit Tart Roselle Topping	Wheat Gluten						Y - Milk							
Custard Cornflour							Y - Milk							
Flapjack	Wheat Gluten													
Chocolate Brownie	Wheat Gluten		Y											
Viennese Biscuits	Wheat Gluten													
Brakes Muffins Exam Blueberry Muffins	Wheat Gluten		Y				Y - Milk							

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Date Slice	Wheat Gluten						Y - Milk	Y Trace			Y Trace	Y		
Chocolate Tiffin	Wheat Gluten					Y	Y - Milk					Y		
Fruit Scones	Wheat Gluten		Y				Y - Milk					Y	Y	
Cheese Scones	Wheat Gluten		Y				Y - Milk Cheese			Y				
Granulated Sugar Brown Sugar												Y		
Viva Banana	Gluten						Y - Milk							
Viva Chocolate and Strawberry							Y - Milk							
Pizza Bites	Wheat Gluten		Y				Y - Milk							
Cheese Straws	Wheat Gluten		Y				Y - Milk			Y				
Sweet Chilli Dip														
Vol-au-Vents (case)	Wheat Gluten													
Chocolate Tray Cake	Wheat Gluten		Y			Y	Y - Milk							
Toffee Tray Cake	Wheat/ Barley Gluten		Y			Y	Y - Milk							
Carrot Cake	Wheat Gluten		Y				Y - Milk	Y						

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Pasta King	Wheat Gluten													
Cumberland Sausage Pie	Wheat Gluten													
Pulled Pork										Y				
Dauphinoise Potatoes							Y - Milk							
Moroccan Chicken	Wheat Gluten													
BBQ Chicken Pizza	Wheat Gluten Barley						Y - Cheese			Y				
Ratatouille Pasta	Wheat Gluten													
Cod Fishcakes	Wheat Gluten		Y	Y										
Chilli Con Carne	Wheat Gluten													
Shepherdess Pie	Wheat Gluten													
Vegetable Paella														
Hunters Chicken	Wheat Barley Gluten													
Chicken Goujon *	Wheat Gluten		Y											
Fish Fingers *	Wheat Gluten		Y	Y										

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Starfish cod shapes	Wheat Gluten		Y	Y										
Cod Whales shapes	Wheat Gluten		Y	Y										
Scotch Pancakes	Wheat Gluten		Y				Y							
Ham, Cheese Tomato Pinwheels	Wheat Gluten						Y - Cheese							
Spanish Omelette			Y				Y - Milk Cheese							
Frozen Fruit Mousse							Y-Milk							
Hash Brown														
Pan au Chocolate	Wheat Gluten													
Croissant	Wheat Gluten													
Mc Cain Vegetable Burger	Wheat Gluten													
Piri Piri Chicken														
All Day Breakfast *	Wheat Gluten		Y											
BBQ Sauce Mix										Y				

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Roast Chicken														
Leek Brie & Cranberry Parcel	Wheat Gluten		Y				Y - Cheese							
Stuffing Balls 26grms	Wheat Gluten		used in factory			used in factory	used in factory		used in factory	used in factory				
Pigs in Blanket* 25grms	Wheat Gluten					Y						Y		
Yorkshire pudding 3"	Wheat Gluten		Y				Y - Milk							
Fine Gravy Mix	Wheat Gluten		Y Trace	Y Trace		Y	Y Milk		Y Trace	Y Trace		Y		
Cranberry Sauce														
Xmas Tree Ice Cream 100ml						Y	Y - Milk	used in Factory						
Christmas Pudding	Wheat Barley Gluten		Y					used in factory						

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