



Holy Cross Catholic Primary Academy

Allergen Information

Summer 2023

Allergens

There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Crustaceans Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for

Fish You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Cereals containing gluten Wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

Sesame seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

Sulphur dioxide (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Holy Cross Summer Lunch Menu

Week
Commencing

Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday	
17/04 01/05 15/05 05/06 19/06 03/07 17/07	Red	Pasta in tomato sauce and cheese topping (G & MK)	Sausage roll (G & MK)	Jacket potato, Cheese (MK), beans & tuna mayo (F & E)	BBQ chicken	Fish fingers (F & G)
Green		Pasta in tomato sauce and cheese topping (G & MK)	Quorn dippers (G, MK & E)	Jacket potato, Cheese (MK), beans & tuna mayo (F & E)	Vegetable tikka masala (MK)	Breaded veggie fingers (G)
		Garlic bread (G) & mixed vegetables	Herby diced potatoes (G) & baked beans	Sweetcorn & cucumber	Sunshine rice	Chips & peas
	Blue	Jacket potato cheese (MK), beans	Jacket potato cheese (MK), beans		Jacket potato cheese (MK), beans	Jacket potato cheese (MK), beans
		Fresh fruit (SU) Fruit yoghurt (MK)	Honeydew melon Fruit yoghurt (MK)	Jam Sponge (G, E, MK, SU) Fruit yoghurt (MK)	Pip lolly Fresh fruit (SU)	Sorbet pot Fruit yoghurt (MK)

Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday	
24/04 08/05 22/05 12/06 26/06 10/07	Red	Jacket potato, Cheese (MK), beans & tuna mayo (F & E)	Pasta Bolognese (G)	Chicken burger (G) in a bun (G)	Pepperoni pizza (MK, G)	Battered fish (G & F, MK, MU)
Green		Jacket potato, Cheese (MK), beans & tuna mayo (F & E)	Vegetable carbonara (G & MK)	Quorn sausage (MK, E, G)	Cheese & tomato pizza (MK, G)	Vegetable burger (G)
		Cucumber	Garlic bread (G) & mixed vegetables	Croquette potatoes (G) & sweetcorn	Salad bar	Chips Peas
	Blue		Jacket potato cheese (MK), beans	Jacket potato cheese (MK), beans	Jacket potato cheese (MK), beans	Jacket potato cheese (MK), beans
		Fruit yoghurt (MK) Fresh fruit (SU)	Jelly with sprinkles Fresh fruit (SU)	Chocolate rice crispy cake Fresh fruit (SU)	Watermelon Fruit yoghurt (MK)	Ice cream pot (MK) Fresh fruit (SU)

Salad selection available everyday

Salad Allergens: CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

Summer Menu 2023

	Celery/ Celeriac	Crustaceans	Fish	Milk	Mustard	Peanuts	Soya	Cereals containing Gluten	Eggs	Lupin	Molluscs	Nuts	Sesame Seeds	Sulphur Dioxide (Sulphites)
Cheese				✓										
Tuna Mayo			✓						✓					
Sausage rolls								✓ (Wheat)						✓
Quorn dippers				✓				✓ (Wheat)	✓					
Spaghetti Hoops								✓ (Wheat)						
Margherita Pizza				✓				✓ (Wheat)						
Pepperoni Pizza				✓				✓ (Wheat)						
Pasta Twists								✓ (Wheat)						
Garlic Bread								✓ (Wheat)						
Breaded Vegetable Burgers								✓ (Wheat)						
Breaded Fish Fingers			✓					✓ (Wheat)						
Homemade Sponge				✓				✓ (Wheat)	✓					✓
Fresh Fruit in Lemon Juice														✓ (lemon juice)
Fruit Yoghurt				✓										
Battered Fish			✓					✓ (Wheat)						
Vegetable Carbonara				✓				✓ (Wheat)						
Herby Diced Potatoes								✓						
Croquette Potatoes								✓						
Quorn Sausages				✓				✓	✓					