

**ULVERSTON VICTORIA HIGH SCHOOL  
DISHERS AND THEIR ALLERGEN CONTENT**

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Roast Beef Dinner</b>														
	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
<b>Chicken Korma and Rice</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Sweet and Sour Pork with Rice or Chips and Salad or Vegetables</b>														
	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
<b>Southern Style Chicken</b>														
	✓	✓	x	x	x	x	x	x	x	x	x	x	✓	x
<b>BBQ Salmon Steak with Noodles and Vegetables or Salad</b>														
	x	✓	x	✓	✓	x	x	x	x	x	x	x	✓	x
<b>Meat Lasagne with Salad or Vegetables</b>														
	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Jumbo Sausage Roll with Creamed Potato and Salad or Vegetables</b>														
	x	✓	x	x	x	x	✓	x	x	x	x	x	✓	x
<b>Meat Free Sausage Toad in the Hole with Gravy and Salad or Vegetables</b>														
	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓
<b>Cottage Pie with Salad or Vegetables</b>														
	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Beef Chilli with Tortilla Chips &amp; Cheese</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Jacket Potato Skins and Salad or Vegetables</b>														
	X	X	X	X	X	X	✓	X	X	X	X	X	X	X
<b>Roast Chicken with Stuffing and Roast Potato with Salad or Vegetables and Gravy</b>														
	✓	✓	✓	✓	✓	X	✓	X	✓	X	X	✓	✓	✓
<b>Pork and Leak Sausage with Creamed Potato and Salad or Vegetables</b>														
	✓	✓	X	X	X	X	✓	X	X	X	X	X	X	✓
<b>Beef Chilli Fajitas with Salad or Vegetables</b>														
	X	✓	X	X	X	X	✓	X	X	X	X	✓	✓	✓
<b>Homemade Meat and Potato Pie with Marrowfat Peas, Salad or Vegetables and Gravy</b>														
	✓	✓	X	X	X	X	✓	X	X	X	X	X	X	X
<b>Vegetable and Veggie Mince Moussaka with Salad or Vegetables</b>														
	X	✓	X	X	X	X	✓	X	X	X	X	X	✓	X
<b>Cheese and Onion Slice with Chips, Salad or Vegetables</b>														
	X	✓	X	X	X	X	✓	X	X	✓	X	X	✓	✓
<b>Fish in Batter with Chips and Salad or Vegetables</b>														
	X	✓	X	X	✓	X	X	X	✓	X	X	X	X	✓
<b>Sweet and Sour Chicken with Rice and Salad or Vegetables</b>														
	✓	X	X	X	X	X	X	X	X	X	X	X	X	X
<b>Meatballs with Tomato Sauce and Rice with Salad or Vegetables</b>														
	X	✓	X	✓	X	X	X	X	X	✓	X	✓	X	X
<b>Cheese and Onion Slice with Baked Beans or Salad</b>														
	X	✓	X	X	X	X	✓	X	X	✓	X	X	✓	✓



	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Jacket Potato with Cheese</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Tomato Sauce Sachet</b>														
	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Salad Cream Sachet</b>														
	x	x	x	✓	x	x	x	x	x	x	x	x	x	x
<b>Vinegar Sachet</b>														
	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
<b>Plate Salads</b>														
Lettuce	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Tomato	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Cucumber	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Red Onion	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Grapes	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Egg	x	x	x	✓	x	x	x	x	x	x	x	x	x	x
Ham	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Tuna and Mayonnaise	x	x	x	✓	✓	x	x	x	✓	x	x	x	x	x
<b>Boxed Salads</b>														
Lettuce	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Tomato	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Cucumber	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Ham	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Tuna Mayonnaise	x	x	x	✓	✓	x	x	x	✓	x	x	x	x	x
Boxed Cheese Pasta Salad	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
Boxed Ham Pasta Salad	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Pasta and Sauces</b>														
Pasta	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
BBQ Chicken	✓	✓	✓	✓	✓	x	x	x	✓	x	x	✓	✓	x
Sweet Chilli Chicken	✓	✓	✓	✓	✓	x	x	x	✓	x	x	✓	✓	x
Bolognaise	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
Cheese	x	✓	x	x	x	x	✓	x	✓	x	x	x	x	x
Tomato & Basil	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Arrabiata	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Veggie Chilli Sauce	x	x	x	x	x	x	x	x	x	x	x	x	x	x
BBQ Pepperoni	x	x	x	x	x	x	x	x	✓	x	x	x	x	x
Spicy Beef	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
<b>Bacon Bun</b>														
	x	✓	x	x	x	x	x	x	x	✓	✓	✓	x	x
<b>Filled Baguettes (Small and Large)</b>														
Ham Salad	x	✓	✓	x	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese Salad	x	✓	x	x	x	x	✓	x	x	x	x	✓	x	x
Chicken Mayo	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Chicken Tikka	✓	✓	✓	✓	✓		✓	x	✓	x	x	✓	✓	✓
Egg, Salad Cream & Salad	x	✓	x	✓	x	x	x	x	✓	x	x	✓	x	x
Tuna Mayo Salad	x	✓	x	✓	✓	x	x	x	✓	x	x	✓	x	x
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Wraps</b>														
Ham Salad	✓	✓	✓	x	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese Salad	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
Chicken Mayo	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Chicken Tikka Salad	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Tuna Mayo Salad	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
<b>White Bread Sandwiches</b>														

Ham Salad	✓	✓	✓	x	✓	x	✓	x	x	x	x	✓	✓	✓
Cheese Salad	x	✓	x	x	x	x	✓	x	x	x	x	x	✓	x
Chicken Mayo	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	x	✓	✓
Chicken Tikka	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	x	✓	✓
Tuna Mayo	x	✓	x	✓	✓	x	x	x	✓	x	x	x	✓	x
<b>Brown Bread Sandwiches</b>														
Ham Salad	✓	✓	✓	x	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese Salad	x	✓	x	x	x	x	✓	x	x	x	x	x	✓	x
Chicken Mayo	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Chicken Tikka	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Tuna Mayo	x	✓	x	✓	✓	x	x	x	✓	x	x	x	✓	x
<b>Filled Hoagies</b>														
Ham Salad	✓	✓	✓	x	✓	x	✓	x	✓	x	x	✓	✓	✓
Cheese Salad	x	✓	x	x	x	x	✓	x	x	x	x	✓	✓	x
Chicken Mayo Salad	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Chicken Tikka Salad	✓	✓	✓	✓	✓	x	✓	x	✓	x	x	✓	✓	✓
Tuna Mayo Salad	x	✓	x	✓	✓	x	✓	x	✓	x	x	✓	✓	x
<b>Milk Shake and Milk</b>														
Strawberry	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Chocolate	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Banana	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Milk Cartons	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Capri Sun</b>														
Apple and Blackcurrant	x	x	x	x	x	x	x	x	x	x	x	x	x	x
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Apple and Pear	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Tropical	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Fair Trade Pure Orange Juice and Calypso Pure Apple Juice</b>														
Orange Juice	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Calypso Pure Apple Juice	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Bottled Water</b>														
Bottled Water	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Calypso Apple Cup Drink</b>														

	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Calypso Orange Cup Drink</b>														
	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Pieces of Fresh Fruit</b>														
Apple	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Banana	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Orange	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Satsuma	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Bags of Grapes</b>														
Grapes	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Fruit Boxes</b>														
	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Tinned Fruit Cocktail in Juice</b>														
	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Cheese and Crackers</b>														
	x	✓	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Chocolate Muffin</b>														
	x	✓	x	✓	x	x	✓						✓	
<b>Plain Muffin</b>														
	x	✓	x	✓	x	x	✓	x	x	x	x	x	✓	x
<b>Plain Sponge</b>														
Plain Sponge Mix	x	✓	x	✓	x	x	✓	x	x	x	x	x	✓	x
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Icing	x	x	x	x	x	x	x	x	x	x	x	x	x	x
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Chocolate Sponge</b>														
Chocolate Sponge Mix	x	✓	x	✓	x	x	✓	x	x	x	x	x	✓	x
Icing	x	x	x	x	x	x	x	x	x	x	x	x	x	x
<b>Rice Pudding</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Custard</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Golden Crispies</b>														





	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Cheese and Crackers</b>														
	x	✓	x	✓	x	x	✓	x	x	x	x	✓	x	x
<b>Pizza Bread</b>														
	x	✓	x	x	x	x	✓	x	x	x	x	✓	x	x
<b>Yoghurt</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	X
<b>Bread Roll</b>														
	x	✓	x	x	x	x	x	x	x	x	x	✓	x	x
<b>Butter/Spread</b>														
	x	x	x	x	x	x	✓	x	x	x	x	x	x	X
<b>Ice Lollys</b>														
Orange Calippo	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Twister	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
Mini Milk (all flavours)	x	x	x	x	x	x	✓	x	x	x	x	x	x	x
<b>Soup</b>														
Knorr Chicken	✓	✓	x	✓	x	x	✓	x	✓	x	x	x	x	x
Knorr Tomato	✓	✓	x	✓	x	x	✓	x	✓	x	x	x	x	x
Maggi Thick Country Vegetable	✓	✓	x	✓	x	x	✓	x	✓	x	x	x	✓	x