



Fir Tree Primary School

ALLERGENS 2026-27

Please remember we are nut and seed free school

Gluten	Milk	Eggs	Soya	Celery	Sulphur Dioxide	Mustard	Seafood
Baguette Baguette pizza Breaded fish Cauliflower and chickpea curry Cheese roulade Cheeseburger in a bun Cheesecake Cheesy leek sauce Chicken curry Chicken fajitas Chicken goujons Chocolate cake Courgette and broccoli bake Crackers Curried vegetable rolls Fishcake Fish fingers Flapjack Garlic bread Goats cheese parcels Gravy Grilled chicken fillet with mayo in pitta bread Macaroni cheese Meat loaf Meatballs Mediterranean veg on toast with mozzarella Pasta bake Pasta carbonara Pastry twists Pizza Quiche Ratatouille with garlic bread Roasted vegetables on filo pastry Sausage and macaroni bake Semolina pudding Spaghetti Bolognese Sponge cake Spring rolls Stir fry noodles Tempura vegetables Toad in the hole Vegetable and feta cake Vegetable fajitas Vegetable samosa Vegetarian Bolognese Yorkshire pudding	Alsatian chicken Baguette Baguette pizza Cajun chicken Carrot and coriander soup Cheese Cheese omelette Cheese roulade Cheeseburger in a bun Cheesecake Cheesy leek sauce Chocolate cake Chocolate sauce Cottage pie Courgette and broccoli bake Flapjack Garlic bread Goats cheese parcels Ice cream Macaroni cheese Mashed potato Mushroom sauce Mushroom sauce Onion tart Pasta bake Pasta carbonara Pizza Quiche Ratatouille with garlic bread Red lentil and aubergine curry Rice Rice pudding Risotto Sausage and macaroni bake Semolina pudding Sponge cake Thai chicken Toad in the hole Tomato soup Yoghurt Yorkshire pudding	Breaded fish Cheese omelette Chicken goujons Chocolate cake Courgette and broccoli bake Fish fingers Macaroni cheese Mayonnaise Meatballs Mushroom sauce Onion tart Pasta carbonara Quiche Salad of the day Sausage and macaroni bake Sponge cake Stir fry noodles Stuffed peppers Tartare sauce Toad in the hole	Breaded fish Cajun chicken Fish fingers Sweet and sour chicken	Cauliflower and chickpea curry Chicken curry Cottage pie Gravy Pasta bake Spaghetti Bolognese Vegetarian Bolognese	Chickpea tagine Sausage meat	Cauliflower and chickpea curry Chicken curry Tartare sauce	Breaded fish Fishcake Fish fingers Tuna