Allergen Information Sheet (please use with current menu)

#### FOOD ALLERGY AND INTOLERANCE POLICY

Kidz Kitchen in line with the EU Food Information for Consumer Regulations 1169/2011, provides full details of the 14 Named Food Allergens for all our dishes.

This Allergen list is provided to all our schools, as well as being available to download on our main website. We also provide a link directly from the menu pages of the parent portal when ordering meals.

It is the parents/carers responsibility to ensure that we Kidz Kitchen Ltd and the relevant school are made aware of any allergens or intolerances to food your child may have. You can call us directly on 01522 536450 or email <a href="mailto:info@kidzkitchen.co.uk">info@kidzkitchen.co.uk</a> please ensure you include your child's name and school. You must also complete the special dietary requirements section when registering your child. It is also your responsibility to ensure this is kept up to date. We can provide an alternative menu for most allergens and/or intolerances.

Most of the Named Allergens are used throughout our kitchen and although we prepare allergen free meals in a separate area of the kitchen with care, we can not 100% guarantee that these meals are free of allergens.

Our Kitchen is nut free, and we do not use any ingredients that contain nuts. However, we do occasionally use products from our suppliers that do contain the warning "may contain nuts", "may contain peanuts" therefore we cannot guarantee any food supplied is nut free.

	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Main Meals - Weeks 1 & 2	Gluten l	Free and	Dairy Fre	e options	may be	available					·			
Barbeque chicken served with rice and sweetcorn														
Pasta Bolognese served with carrots	wheat													
Chicken breast in gravy served with roast potatoes and vegetables														
Sausages served with mashed potatoes and baked beans	wheat											$\boxtimes$		
Battered fish served with chips, peas and ketchup	wheat			$\boxtimes$										
Pork meatballs in a rich and rustic tomato and basil sauce served with pasta twists and green beans	wheat						$\boxtimes$							
Chicken served with mashed potatoes, carrots, swede and gravy														
Mild and fruity chicken curry served with rice, mixed vegetables and wholemeal pitta	wheat					$\boxtimes$	may contain							
Roast beef in gravy served with roast potatoes, vegetables and Yorkshire pudding	wheat		$\boxtimes$				×							
Salmon fishcake served with diced potatoes and baked beans	wheat			$\boxtimes$										

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Main Meals – Week 3	Gluten l	Free and	Dairy Fre	e options	may be	available		<u> </u>			<u>.</u>			
Cheese and tomato power pizza served with herby diced potatoes, corn on the cob and ketchup	wheat						$\boxtimes$							
Chicken breast in gravy served with roast potatoes and vegetables														
Sausage roll served with mashed potato and baked beans	wheat											$\boxtimes$		
Beef lasagne served with garlic bread and side salad	wheat barley		$\boxtimes$			may contain	$\boxtimes$							
Fishcake served with diced potatoes, peas and ketchup	wheat			$\boxtimes$										
Special Theme Days	Gluten	Free and	Dairy Fre	ee options	may be	available	i	i		i	<u>i</u>	i		i
<b>Christmas Dinner -</b> Turkey served with roast potatoes, vegetables, pigs in blankets, stuffing and cranberry sauce	wheat oats											×		
Thurs 19 <sup>th</sup> December Cheese and tomato power pizza served with herby diced potatoes, sweetcorn and ketchup	wheat													
Fri 20 <sup>th</sup> December Chicken nuggets served with chips and beans	wheat													

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegetarian Option – Weeks 1&2	Gluten l	Free and	Dairy Fre	e options	may be	available				·	-			
Five bean chilli served with rice and sweetcorn														
Vegetable and chickpea pasta Bolognese served with carrots	wheat													
Quorn vegan fillet in gravy served with roast potatoes and vegetables	wheat													
Vegan sausages served with mashed potatoes and baked beans	wheat													
Vegetable quarter pounder served with chips, peas and ketchup	wheat													
Vegan meatballs in a rich and rustic tomato and basil sauce served with pasta twists and green beans	wheat					$\boxtimes$								
Vegan sausages served with mashed potatoes, carrots, swede and gravy	wheat													
Sweet potato, lentil and chickpea curry served with rice, mixed vegetables and wholemeal pitta	wheat					X	may contain							
Vegetable casserole served with roast potatoes, vegetables and Yorkshire pudding	wheat		$\boxtimes$				$\boxtimes$							
Cheese and onion pastry roll served with diced potatoes and baked beans	wheat						$\boxtimes$			$\boxtimes$				

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegetarian Option – Weeks 3	Gluten l	Free and	Dairy Fre	e options	may be	available	·	<u> </u>	<u> </u>					
Quorn, vegetable and potato casserole, corn on the cob and a bread roll	wheat		$\boxtimes$			$\boxtimes$								
Quorn vegan fillet in gravy served with roast potatoes and vegetables	wheat													
Vegan sausage roll served with mashed potato and baked beans	wheat													
Roasted vegetable lasagne served with garlic bread and side salad	wheat barley		$\boxtimes$			may contain	$\boxtimes$							
Vegan dippers served with diced potatoes, peas and ketchup	wheat													
Special Theme Days	Gluten	Free and	Dairy Fre	ee options	may be	available		<u>i</u>	<u></u>	<u>i</u>		i	<u> </u>	i
Christmas Dinner – Quorn Vegan Fillet served with roast potatoes, vegetables, vegan sausage, stuffing and cranberry sauce	wheat oats													
Thurs 19 <sup>th</sup> December  Vegetable nuggets served with herby diced potatoes, sweetcorn and ketchup	wheat													
Fri 20 <sup>th</sup> December  Quorn vegan dippers served with chips and beans	wheat													

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dessert Option – Weeks 1 & 2	Gluten I	Free and	Dairy Fre	e options	may be	available					-			
Chocolate ice cream pot							$\boxtimes$							
Lemon tart	wheat		$\boxtimes$											
Honey and apricot flapjack	wheat													
Melon and ice cream							$\boxtimes$							
Apple pie and custard	wheat						$\boxtimes$					$\boxtimes$		
Caramel cookie	wheat						$\boxtimes$							
Blueberry muffin	wheat		$\boxtimes$			$\boxtimes$	$\boxtimes$							
Blackcurrant fruity jelly served with squirty cream (not suitable for vegetarians or Halal)							$\boxtimes$							
Peaches and strawberry ice cream							$\boxtimes$							
Chocolate orange cake	wheat		$\boxtimes$				$\boxtimes$							

	(please use with current menu)													·
	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dessert Option – Week 3	Gluten l	Free and	Dairy Fre	e options	may be	available		<u> </u>			<u> </u>			
Strawberry and vanilla mousse							$\boxtimes$							
Fruit cocktail and ice cream							$\boxtimes$							
Apple and strawberry crumble with custard	wheat						$\boxtimes$					$\boxtimes$		
Chocolate muffin	wheat		$\boxtimes$			$\boxtimes$	$\boxtimes$							
Cherry shortbread	wheat											$\boxtimes$		
Special Theme Days		<u>:</u>		<u>.</u>	<u>.</u>	3		<u>.</u>		<u> </u>	<u>i</u>	3	<u> </u>	<u> </u>
Christmas Cupcake	wheat		$\boxtimes$				$\boxtimes$							
Thursday 19 <sup>th</sup> December 2025 Chocolate and vanilla Christmas ice cream pot							$\boxtimes$							
Friday 20th December 2025 Snowman cookie	wheat		$\boxtimes$				$\boxtimes$							
Thursday 16 <sup>th</sup> January 2025 Chocolate Cookie	wheat						$\boxtimes$							

	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Daily options			-	-										
Fruit yoghurt							$\boxtimes$							
Wholemeal bread	wheat barley													
Baked Potato options				<u> </u>										
Jacket potato served with cheese and side salad or crunchy salad							$\boxtimes$							
Jacket potato served with tuna mayonnaise and side salad or carrot/cucumber sticks			$\boxtimes$	$\boxtimes$										
Jacket potato served with baked beans and side salad or carrot & cucumber sticks														
Jacket potato served with bolognaise and crunchy salad or carrot, cucumber sticks														
Jacket potato served with chilli and side salad or crunchy salad or corn on the cob														
Jacket potato served with ham, coleslaw and side salad or crunchy salad			$\boxtimes$							$\boxtimes$				
Jacket potato served with five bean chilli and crunchy salad														

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cold Sandwich (pack up) Option								<b>er an app</b> available		ıma or b	anana), y	oghurt, i	ruit drin	k/water
Ham	wheat may also contain barley oats rye										may contain			
Cheese	wheat may also contain barley oats rye						$\boxtimes$				may contain			
Tuna mayonnaise	wheat may also contain barley oats rye		$\boxtimes$	$\boxtimes$			$\boxtimes$			$\boxtimes$	may contain			
Egg mayonnaise	wheat may also contain barley oats rye		$\boxtimes$				$\boxtimes$			$\boxtimes$	may contain			
Chicken salad wrap	Wheat		$\boxtimes$											
Fruit Drink														
Water														
Yoghurt							$\boxtimes$							
Dessert bar	Wheat Oats		$\boxtimes$			$\boxtimes$	$\boxtimes$	may contain			may contain			

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cold Option – Weeks 1 & 2	Gluten l	Free and	Dairy Fre	e options	may be a	available		<u>.</u>						-
Ham and cheese wrap, with cheese triangle, crackers and crunchy veg/salad	wheat barley rye						$\boxtimes$				may contain			
Tuna mayo and cucumber roll, with cheese and onion roll and crunchy veg/salad	wheat		$\boxtimes$	$\boxtimes$		$\boxtimes$	$\boxtimes$			$\boxtimes$				
Ham roll with cheese, crackers and crunchy veg/salad	wheat barley rye					$\boxtimes$	$\boxtimes$							
Chicken salad mayo wrap, with sausage roll and crunchy veg/salad	wheat		$\boxtimes$									$\boxtimes$		
Egg mayo rol,l with mini quiche and crunchy veg/salad	wheat oats		$\boxtimes$			$\boxtimes$								
Ham roll with cheese, crackers and crunchy veg/salad	wheat barley rye					$\boxtimes$	$\boxtimes$							
Egg mayo roll, with sausage roll and crunchy veg/salad	wheat boats		$\boxtimes$			$\boxtimes$						$\boxtimes$		
Chicken salad mayo wrap, with babybel and crunchy veg/salad	wheat		$\boxtimes$				$\boxtimes$							
Cheese and tomato roll, with mini quiche and crunchy veg/salad	wheat		$\boxtimes$			$\boxtimes$	$\boxtimes$							
Ham and cream cheese bagel, cheese triangle, crackers, crunchy veg/salad	wheat barley rye					$\boxtimes$	$\boxtimes$				may contain			

	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cold Option – Week 3	Gluten I	Free and	Dairy Fre	ee options	may be a	available		·	······································		<u>.</u>			
Egg mayo roll, with mini quiche and crunchy veg/salad	wheat oats		$\boxtimes$			$\boxtimes$	$\boxtimes$							
Cheese and tomato roll, with cheese and onion roll and crunchy veg/salad	wheat					$\boxtimes$	$\boxtimes$			$\boxtimes$				
Ham and cheese wrap, with sausage roll and crunchy veg/salad	wheat						$\boxtimes$					$\boxtimes$		
Chicken and sweetcorn mayo wrap, with cheese, crackers and crunchy veg/salad	wheat barley rye		$\boxtimes$				$\boxtimes$							
Tuna mayo and cucumber sandwich, with babybel and crunchy veg/salad	wheat		$\boxtimes$	$\boxtimes$		$\boxtimes$	$\boxtimes$							