

Kidz Kitchen

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 info@kidzkitchen.co.uk 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.

PLEASE NOTE:- we cannot guarantee that any of the products or ingredients that we use have come from nut free factories

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	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Main Meals – Weeks 1 & 2	<i>Gluten Free and Dairy Free options may be available</i>													
Texan BBQ chicken served with rice and corn on the cob	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pasta beef Bolognese served with carrots	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chicken breast in gravy served with roast potatoes and vegetable	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pork sausages served with mashed potatoes and baked beans	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐
Battered fish served with chips, peas and ketchup	wheat	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pork meatballs in a rich and rustic tomato and basil sauce served with pasta twists and green beans	wheat	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Savoury beef mince with mashed potatoes, vegetables	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chicken Tikka Masala served with rice, peas and wholemeal pitta bread	wheat	☐	☐	☐	☐	may contain	may contain	☐	☐	☐	☐	☐	☐	☐
Roast beef in gravy served with roast potatoes, vegetables and Yorkshire pudding	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Salmon fish fingers served with diced potatoes and baked beans	wheat	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Main Meals – Week 3	<i>Gluten Free and Dairy Free options may be available</i>													
Chicken breast in gravy served with roast potatoes and vegetables	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cheese and tomato power pizza served with herby diced potatoes, sweetcorn and ketchup	wheat	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Pork sausage roll served with mashed potato and baked beans	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐
Beef lasagne served with bread roll and “corn slaw”	wheat barley	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Battered Fishwich square served with diced potatoes, peas and ketchup	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Special Theme Days	<i>Gluten Free and Dairy Free options may be available</i>													
CHRISTMAS DINNER: Turkey in Gravy served with roast potatoes, vegetables, stuffing, pigs in blankets and cranberry	wheat oats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐
Wednesday 17th December: Chicken burger in a bun, served with diced potatoes, sweetcorn, and ketchup	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Vegetarian Option – Weeks 1&2	<i>Gluten Free and Dairy Free options may be available</i>													
Five bean mild chilli served with rice and corn on the cob	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐
Vegan sausages in gravy served with mashed potatoes, vegetables	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweet potato, lentil and chickpea Tikka Masala served with rice, peas and wholemeal pitta bread	wheat	☐	☐	☐	☐	may contain	may contain	☐	☐	☐	☐	☐	☐	☐
Vegetable and butterbean casserole served with roast potatoes, vegetables and Yorkshire pudding	wheat	☐	☒	☐	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐
Cheese and onion pastry roll served with diced potatoes and baked beans	wheat	☐	☐	☐	☐	☐	☒	☐	☐	☒	☐	☐	☐	☐

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Vegetarian Option – Weeks 3	<i>Gluten Free and Dairy Free options may be available</i>													
Quorn vegan fillet in gravy served with roast potatoes and vegetables	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vegetable, lentil and potato casserole served with sweetcorn	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐
Vegan sausage roll served with mashed potato and baked beans	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Roasted vegetable lasagne served with bread roll and “corn slaw”	wheat	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Vegetable fingers served with diced potatoes, peas and ketchup	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Special Theme Days	<i>Gluten Free and Dairy Free options may be available</i>													
CHRISTMAS DINNER: Quorn Vegan fillet in Gravy served with roast potatoes, vegetables, stuffing, vegan sausage and cranberry	wheat oat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wednesday 17th December: Vegan Chicken burger in a bun, served with diced potatoes, sweetcorn, and ketchup	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Dessert Option – Weeks 1 & 2	<i>Gluten Free and Dairy Free options may be available</i>													
Chocolate ice cream pot	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Lemon tart	wheat	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fruit flapjack	oats	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Peach and pear fruit pots	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Melon and ice cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Raspberry ripple mousse	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Blueberry muffin	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Chocolate orange cake	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Fruit cocktail and ice cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Peach slices in raspberry jelly with squirty cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐

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Dessert Option – Week 3	<i>Gluten Free and Dairy Free options may be available</i>													
Strawberry and vanilla mousse	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Peaches and ice cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Oaty cookie	wheat oats	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Chocolate and vanilla muffin	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Apple crumble with custard	wheat	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☒	☐	☐
Special Theme Days														
Wednesday 5th November: Toffee apple muffin	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Friday 14th November: Children in Need cake	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Friday 19th December: Reindeer gingerbread biscuit	wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CHRISTMAS DINNER DAY DESSERT: Christmas Cupcake	wheat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐

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Daily options														
Fruit yoghurt	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Wholemeal bread	wheat barley	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Baked Potato options														
Jacket potato served with cheese and side salad or crunchy salad	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Jacket potato served with tuna mayonnaise and side salad or carrot/cucumber sticks	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☒	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐
Jacket potato served with five bean chilli and crunchy salad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Cold Option – Weeks 1 & 2	<i>Gluten Free and Dairy Free options may be available</i>														
Ham and cheese wrap, with cheese triangle, crackers and crunchy veg/salad	wheat barley Rye	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Tuna mayo and cucumber roll, with cheese, crackers and crunchy veg/salad	wheat	☐	☒	☒	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐
Ham roll with cheese, crackers and crunchy veg/salad	wheat barley Rye	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Chicken salad mayo wrap, with cocktail sausages and crunchy veg/salad	wheat	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐
Egg mayo roll, with babybel and crunchy veg/salad	wheat oat	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
Egg mayo roll, with cocktail sausages and crunchy veg/salad	wheat oat	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐
Ham roll, with cheese, crackers and crunchy veg/salad	wheat barley Rye	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Cheese roll, with mini quiche and crunchy veg/salad	wheat	☐	☒	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Ham and cream cheese bagel, with cheese triangle, crackers, crunchy veg/salad	wheat barley Rye	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	may contain	☐	☐	☐
Chicken salad mayo wrap, with babybel and crunchy veg/salad	wheat	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐

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Cold Option – Week 3	<i>Gluten Free and Dairy Free options may be available</i>													
Cheese and tomato roll, with quiche and crunchy veg/salad	wheat	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Egg mayo roll, with cheese and crackers and crunchy veg/salad	wheat oat barley Rye	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐
Ham and cheese wrap, with pork sausage roll and crunchy veg/salad	wheat	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☒	☐	☐
Chicken and sweetcorn mayo wrap, with cheese, crackers and crunchy veg/salad	wheat barley Rye	☐	☒	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Tuna mayo and cucumber roll, with babybel and crunchy veg/salad	wheat	☐	☒	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐

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Cold Sandwich (pack up) Option	PLEASE NOTE, all pack ups contain a sandwich, fruit (either an apple, satsuma or banana), yoghurt, fruit drink/water and dessert bar - Gluten Free and Dairy Free options may be available													
Ham	wheat may also contain barley oats rye	☐	☐	☐	☐	☐	☐	☐	☐	☐	may contain	☐	☐	☐
Cheese	wheat may also contain barley oats rye	☐	☐	☐	☐	☐	☒	☐	☐	☐	may contain	☐	☐	☐
Tuna mayonnaise	wheat may also contain barley oats rye	☐	☒	☒	☐	☐	☒	☐	☐	☒	may contain	☐	☐	☐
Egg mayonnaise	wheat may also contain barley oats rye	☐	☒	☐	☐	☐	☒	☐	☐	☒	may contain	☐	☐	☐
Chicken salad wrap	Wheat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fruit Drink	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Yoghurt	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Dessert bar	Wheat Oats	☐	☒	☐	☐	☒	☒	may contain	☐	☐	may contain	☐	☐	☐

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