















CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 21st April 2025**



| WK |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CAULIFLOWER CHEESE | | X | | | | | X | | | | | | | |
| CAULIFLOWER & POTATO CURRY | | | | | | | | | | | | | | |
| RICE | | | | | | | | | | | | | | |
| VEGETABLES | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| NUT FREE PESTO PASTA | | X | | | | | X | | | | | | | |















TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Tuesday 22nd April 2025**

















| WK 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| BEEF CHILLI & RICE | | | | | | | | | | | | | | |
| VEGE/ VEGAN CHILLI & RICE | | | | | | | | | | | | | X | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |

TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Dishes and their allergen content - **Wednesday 23rd April 2025**



| WK 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| SWEET & SOUR CHICKEN & RICE (HALAL) | | | | | | | | | | | | | X | |
| SWEET & SOUR VEGETABLES & RICE | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| ROASTED RED PEPPER PASTA | X | | | | | | | | | | | | | |















TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 24th April 2025**



| WK1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| PORK & NOODLE STIR- FRY | | X | | X | | | | | | | | | X | |
| STIR- FRY VEGETAB LE NOODLES | | X | | X | | | | | | | | | X | |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| LEEK & MUSHRO OM PASTA | | X | | | | | X | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - FRIDAY 25TH April 2025



| WK 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHUNKY FISH FINGER | | X | | | X | | | | X | | | | | |
| VEGETABLE/ VEGAN BURGER | | X | | | | | | | | | | | | |
| POTATO WEDGES | | | | | | | | | | | | | | |
| BAKED BEANS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| SWEET CHILLI NOODLES | | X | | X | | | | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - Monday 28th April 2025



| WK2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CREAMY SPINACH & MUSHROOM PENNE | | X | | | | | X | | | | | | | |
| ROASTED VEGETABLE PASTA | | X | | | | | | | | | | | | |
| SWEETCORN | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| NUT FREE Pesto Pasta | | X | | | | | X | | | | | | | |















TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **TUESDAY 29TH APRIL 2025**



| WK2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| LAMB STEW | | X | | | | | | | | | | | X | |
| VEGETARIAN/ VEGAN STEW | | | | | | | | | | | | | | |
| COUSCOUS | | X | | | | | | | | | | | | |
| CARROTS & PEAS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |















TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content -WEDNESDAY 30TH APRIL 2025



| WK2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN MASALA CURRY (HALAL) | | | | | | | X | | | | | | | |
| VEGETABLE/ VEGAN MASALA CURRY | | | | | | | | | | | | | | |
| RICE & NAAN BREAD | | X | | | | | | | | | | | | |
| RAITA DIP | | | | | | | X | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| ROASTED RED PEPPER PASTA | | X | | | | | | | | | | | | |















TO NOTE: THERE MAY BE LAST MINUTE CHANGES TO INGREDIENTS SHOULD THERE BE SUPPLY ISSUES. ALL STUDENTS THEREFORE NEED TO REFER TO THE UPDATED BOARD IN THE DINING HALL PRIOR TO PURCHASING.

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **THURSDAY 1ST MAY 2025**



| WK2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| PORK SAUSAGE | | X | | | | | | | | | | | X | X |
| VEGE/VEGAN SAUSAGE | | X | | | | | | | | | | | X | |
| MASHED POTATO & GRAVY | | X | | | | | X | | | | | | X | |
| PEAS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| LEEK & MUSHROOM PASTA | | X | | | | | X | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen **FRIDAY 2ND MAY 2025**



| WK2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| LEMON AND HERB FISH FILLET & PESTO RICE (NUT FREE) | | | | | X | | X | | | | | | | |
| VEGETABLE SAVOURY RICE | | | | | | | | | | | | | | |
| GREEN BEANS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| SWEET CHILLI NOODLES | | X | | X | | | | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **MONDAY 5TH MAY 2025**



| WK3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| COCONUT & CHICKPEA CURRY & RICE | | | | | | | | | | | | | | |
| TOMATO & BASIL TAGLIATELLE | | X | | | | | | | | | | | | |
| CARROTS | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| NUT FREE Pesto Pasta | | X | | | | | X | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **TUESDAY 6TH MAY 2025**



| WK3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| BEEF STEAK CASSEROLE | | X | | | | | | | | | | | X | |
| VEGETABLE/ VEGAN CASSEROLE | | | | | | | | | | | | | | |
| NEW POTATOES | | | | | | | | | | | | | | |
| DICED SWEDE | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| TOMATO & BASIL PASTA | | X | | | | | | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content **WEDNESDAY 7TH MAY 2025**



| WK3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| CHICKEN TERIYAKI & NOODLES (HALAL) | | X | | X | | | | | | | | | X | |
| VEGETABLE TERIYAKI & NOODLES | | X | | X | | | | | | | | | X | |
| SWEETCORN | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| ROASTED RED PEPPER PASTA | | X | | | | | | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content THURSDAY 8TH MAY 2025



| WK3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| TUNA & SUNDRIED TOMATO PASTA | | X | | | X | | X | | | | | | | |
| VEGETABLE PASTA BAKE | | X | | | | | | | | | | | | |
| SWEETCORN | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| LEEK & MUSHROOM | | X | | | | | X | | | | | | | |















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content **FRIDAY 9TH MAY 2025**



| WK3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|-------------------------|---|---|---|---|---|---|--|---|---|---|---|---|---|---|
| | CELERY | CEREALS CONT. GLUTEN | CRUST- ACEANS | EGGS | FISH | LUPIN | MILK | MOLLUSC | MUSTARD | NUTS | PEANUTS | SESAME SEEDS | SOYA | SULPHUR DIOXIDE |
| KEDGEREE | | | | X | X | | | | | | | | | |
| SPICY SALSA WRAP | | X | | | | | | | | | | | | |
| MIXED VEGETABLES | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| SOUP OF THE DAY | PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY | | | | | | | | | | | | | |
| SWEET CHILLI NOODLES | | X | | X | | | | | | | | | | |

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