















CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 12th May 2025**



WK 1														
	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 13th May 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												

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CATERING AT THE TIFFIN GIRLS' SCHOOL

Dishes and their allergen content - **Wednesday 14th May 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												















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 15th May 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 16th May 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 19th May 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 20th May 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 21st May 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 22nd 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 23rd 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 2nd June 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							















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 3rd June 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 4th June 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 5th June 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 6th June 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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