















CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 23rd June 2025**



WK1														
	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 24th June 2025



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
HAM, LEEK AND MUSHRO OM PASTA		X					X							
CREAMY COURGET TE PASTA		X					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

Lunch:- allergens

Dishes and their allergen content - **Wednesday 25th June 2025**



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Pork and Noodle Stir Fry		X		X									X	
Stir Fry Vegetable Noodles		X		X									X	
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
HAM AND CHEESE PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 26th JUNE 2025**



WK1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN AND TOMATO MASCAR PONE PASTA		X					X							
QUORN AND TOMATO MASCAR PONE PASTA		X		X			X							
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
LEEK & MUSHRO OM 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 -Friday 27th June 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													
LEMON RICOTTA AND SPINACH PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - Monday 30th JUNE 2025



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BUTTERNUT SQUASH AND CHERRY TOMATO CRUMBLE		X					X							
VEGETARIAN & VEGAN BOLOGNESE		X											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 1st July 2025**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SPICED BEEF MINCE & COUSCOUS		X												
ROASTED VEGETABLE COUSCOUS		X												
COUSCOUS		X												
CARROTS & PEAS														
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 2nd July 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													
HAM AND CHEESE 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 - **Thursday 3rd July 2025**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BBQ BAKED PORK SAUSAGE		X											X	X
WEDGES														
BBQ BAKED VEGGIE SAUSAGE		X											X	
BROCCOLI														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
LEEK & MUSHROOM 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 Friday 4th July 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							
QUORN & VEGETABLE SAVOURY RICE		X		X										
GREEN BEANS														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
LEMON RICOTTA & SPINACH PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 7th July 2025**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
LEMON AND GREEN PESTO PASTA		X					X							
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 8th July 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 9th July 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													
HAM AND CHEESE PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content Thursday 10th July 2025



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN FAJITA WRAPS		X												
TOMATO SALSA WRAPS		X												
WEDGES														
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 11th July 2025**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
TUNA AND SUNDRIED TOMATO PASTA		X			X		X							
CREAMY SPINACH PASTA		X					X							
MIXED VEGETABLES														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
LEMON RICOTTA & SPINACH PASTA		X					X							

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