

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 3rd Nov 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							
Mac & Cheese		X					X							
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 4th Nov 2025**



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Beef Chilli														
Vegetable/ Vegan Chilli													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 5th Nov 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							

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 6th Nov 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 7th Nov 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													
Tomato, Mozzarella & Basil Spaghetti		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 - **Monday 10th Nov 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 11th Nov 2025**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
LAMB TAGINE		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												

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 12th Nov 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 13th Nov 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 content **Friday 14th Nov 2025**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN SAVOURY RICE (HALAL)														
QUORN & VEGETABLE SAVOURY RICE		X		X										
GREEN BEANS														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
TOMATO, MOZZARELLA & BASIL SPAGHETTI		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 - **Monday 17th Nov 2025**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
MOZZARELLA, SUNDRIED TOMATO & BASIL 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 18th Nov 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														
MASH POTATO							X							
GREEN BEANS														
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 19th Nov 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	
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 20th Nov 2025



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
ROASTED CHICKEN LEG		X												
VEGAN ROASTED FILLET		X												
NEW POTATO														
ROASTED CARROTS														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
LEEK & MUSHROOM		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 21st Nov **2025**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
TUNA PASTA BAKE		X			X		X							
CREAMY SPINACH PASTA		X					X							
SWEETCORN														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
TOMATO, MOZZARELLA & BASIL SPAGHETTI.		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.