

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 5th January 2026**



WK1	CELERY	WHEAT CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Mediterranean Veg Pasta with Feta		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 6th January 2026**



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 7th January 2026**



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Sweet and Sour Pork Noodles		X		X										
Sweet and Sour Vegetable Noodles		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 8th January 2026**



WK1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Thai Green Chicken Curry														
Thai Green Vegetable Curry														
Rice														
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 content - Friday 9th January 2026



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Ham and Cheese Omelette				X			X							
Vegetable Omelette				X			X							
POTATO WEDGES														
BAKED BEANS														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
Tomato, Feta and Olive Spaghetti		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - Monday 12th January



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Spinach and Mushroom Tagliatelle		X					X							
Tomato and Basil Tagliatelle		X												
SWEETCORN														
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 13TH January 2026**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Shepherds Pie (LAMB)		X					X							
Vegetarian Shepherds Pie		X					X						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 14TH JANUARY 2026



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BEEF MADRAS CURRY									X					
Vegetable/Vegan Madras CURRY									X					
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							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 15TH JANUARY 2026**



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												
MASH POTATO							X							
BROCCOLI														
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 16TH JANUARY 2026



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
WHITE FISH WITH PESTO SAVOURY RICE					X		X							
TUNA PASTA BAKE		X			X		X							
GREEN BEANS														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
TOMATO, MOZZARELLA & BASIL SPAGHETTI		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 19TH JANUARY 2026**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
ROASTED RED PEPPER RISOTTO														
MUSHROOM AND PEPPER STROGANOFF							X							
RICE AND 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 20TH JANUARY 2026**



WK3	 CELERY	 CEREALS CONT. GLUTEN	 CRUST- ACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSC	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE
CHICKEN AND LEEK CRUMBLE		X					X							
LEEK, BEAN AND MUSHROOM CRUMBLE		X												
NEW POTATOES														
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 21ST JANUARY 2026

















WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BEEF BOLOGNES E		X					X							
VEGE/VEGA N PASTA BOLOGNES E		X					X						X	
SWEETCOR N														
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 23RD JANUARY 2026

WK3	 CELERY	 CEREALS CONT. GLUTEN	 CRUST- ACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSC	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE
SPANISH CHICKEN AND CHORIZO TRAYBAKE							X							
RATATOUILLE		X												
RICE														
ROASTED CARROTS														
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 24TH JANUARY 2026**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
TOMATO SALSA WRAP		X												
CREAMY GARLIC AND MUSHROOM SPAGHETTI		X					X							
MIXED VEGETABLES														
WEDGES														
SOUP OF THE DAY	PLEASE SEE ALLERGY INFORMATION WRITTEN ALONGSIDE SOUP OF THE DAY													
TOMATO, MOZZARELLA & BASIL SPAGHETTI.		X					X							

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