

CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 23rd February 2026**



														
WK1	CELERY	CEREALS CONT. GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CAULIFLOWER CHEESE		X					X							
VEGAN MEAT BALL PASTA		X											X	
CARROTS														
LEEK AND 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 - **Tuesday 24TH FEBRUARY 2026**



WK 1															
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	
CHICKEN TIKKA MASALA															
VEGETABLE TIKKA MASALA															
RICE															
NAAN BREAD		X													
CHICKEN AND SWEETCORN 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 - *Wednesday 25TH FEBRUARY 2026*



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
MINTED LAMB CRUMBLE		X												
CHEESE, ONION & POTATO BAKE							X							
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 - *Thursday 26TH FEBRUARY 2026*



WK1														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BEEF BOLOGNESE PASTA		X					X							
VEGE/ VEGAN PASTA BAKE		X											X	
SWEETCORN														
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 -Friday 27th FEBRUARY 2026



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
WHITE FISH					X									
PESTO SAVOURY RICE							X							
TUNA PASTA BAKE		X			X		X							
PEAS														
HAM,CHEESE & SWEETCORN PASTA		X					X							

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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - Monday 2ND MARCH 2026



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
VEGETABLE FRITTATA				X			X							
MACARONI CHEESE		X					X							
NEW POTATO														
ROASTED VEGETABLE														
LEEK AND 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 - **Tuesday 3RD MARCH 2026**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN MADRAS CURRY									X					
VEGE/VEGAN MADRAS CURRY									X					
RICE														
RAITA DIP/NAAN BREAD		X					X							
CHICKEN AND SWEETCORN 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 -Wednesday 4TH MARCH 2026



WK2	 CELERY	 CEREALS CONT. GLUTEN	 CRUST-ACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSC	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE
BEEF LASAGNE		X					X							
VEGETABLE LASAGNE		X					X							
SWEETCORN														
TOMATO AND 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 - **Thursday 5TH MARCH 2026**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN AND MUSHROOM PIE		X					X							
LEEK AND MUSHROOM PIE		X					X							
MASHED POTATO							X							
BROCCOLI														
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 **FRIDAY 6TH MARCH 2026**



WK2														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN SALSA WRAP		X												
TOMATO SALSA WRAPS		X												
POTATO WEDGES														
HAM,CHEESE AND SWEETCORN 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 - **Monday 9TH MARCH 2026**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SPINACH & MUSHROOM TAGLIATELLE		X					X							
TOMATO & BASIL TAGLIATELLE		X												
PEAS														
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 **TUESDAY 10TH MARCH 2026**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SHEPHERD'S PIE (LAMB)		X					X						X	
VEGETARIAN SHEPHERD'S PIE		X		X			X						X	
BROCCOLI & CAULIFLOWER														
CHICKEN & SWEETCORN 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 WEDNESDAY 11TH MARCH 2026



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BACON & TOMATO SPAGHETTI		X												
GARLIC MUSHROOM SPAGHETTI		X					X							
GREEN BEANS														
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 Thursday 12TH MARCH 2026



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN NOODLE STIR FRY		X		X									X	
VEGETABLE NOODLE STIR FRY		X		X									X	
SWEETCORN														
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 **FRIDAY 13TH MARCH 2026**



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
FISHERMANS PIE		X			X		X							
VEGE/VEGAN BURGER		X												
SLICED POTATO														
BAKED BEANS														
HAM,CHEESE & SWEETCORN 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.