















CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Monday 22nd June 2026**



														
WK1	CELERY	CEREALS CONT. GLUTEN	CRUST-ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
vege/vegan chilli													X	
VEGAN MEAT BALL PASTA		X											X	
CARROT														
Rice														
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 23rd June 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 SWEETCO RN PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - *Wednesday 24th June 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												










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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 25th June 2026**



WK1														
	CELERY	CEREALS CONT. GLUTEN	CRUST- ACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BEEF BOLOGN ESE PASTA		X					X							
VEGE/ VEGAN PASTA BAKE		X											X	
SWEETC ORN														
PESTO PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content -Friday 26th June 2026



WK 1														
	CELERY	CEREALS CONT. GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
Fish Finger		X			X				X					
Wedges														
TUNA PASTA BAKE		X			X		X							
Baked Bean														
HAM,CHEESE & SWEETCORN PASTA		X					X							

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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens



Dishes and their allergen content - Monday 29th June 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							










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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - Tuesday 30th June 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 MUSHROOM PASTA		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content -Wednesday 1st July 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												















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content - **Thursday 2nd July 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							

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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens



Dishes and their allergen FRIDAY 3rd July 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		X					X							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content -Monday 6th July 2026



WK3														
	CELERY	CEREALS CONT. GLUTEN	CRUSTACEANS	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							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content Tuesday 7th July 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							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content Wednesday 8th July 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												















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content Thursday 9th July 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							















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CATERING AT THE TIFFIN GIRLS' SCHOOL

Lunch:- allergens

Dishes and their allergen content Friday 10th July 2026



WK3														
	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							
VEGE/VEGAN BURGER		X												
SLICED POTATO														
BAKED BEANS														
HAM,CHEESE & SWEETCORN PASTA		X					X							

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