Allergen Report

Generated : 31/07/2026

Menu: *Ambleside & Denewood Academy - Week 1

COOMBS
CATERING PARTNERSHIP

✓ Contains Allergen ? May Contain Allergen ! Missing Allergen Information Vegetarian Vegan Gluten Free Modifier

Main Meals

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Pork Sausages		✓		✓																	✓						✓
Pork Meatballs in Tomato Sauce		✓		✓																	✓						✓
Fish Stars		✓		✓														✓									
Pork Meatballs in Tomato Sauce - Secondary		✓		✓																	✓						✓
Fish Stars - Secondary		✓		✓														✓									
Fish Fingers (GF)																		✓									
Cajun Chicken Pizza		✓		✓																			✓				
Cajun Chicken Pizza - Secondary		✓		✓																			✓				
Sweet & Sour Chicken - Allergen Free																											
Sweet & Sour Chicken - RTU - Secondary																											

Vegetarian Meals

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
G/Gourmet Vegetarian Meatballs in Tomato Sauce (V)	✓	✓		✓													?				✓	?		?		?	
G/Gourmet Vegetarian Meatballs in Tomato Sauce - Secondary (V)	✓	✓		✓													?				✓	?		?		?	
Vegetable Nuggets KS1 (VG)		✓		✓																							
Vegetable Nuggets KS2 (VG)		✓		✓																							
Vegetable Nuggets - Secondary (VG)		✓		✓																							
Cheese & Tomato Pizza		✓		✓																			✓				
Cheese & Tomato Pizza - Secondary		✓		✓																			✓				
Cheese & Tomato Pizza - Rectangle		✓		✓																			✓				
Cheese & Tomato Pizza - Rectangle - Secondary		✓		✓																			✓				
Cheese & Tomato Pizza (GF)																	✓						✓	?			
Sweet & Sour Quorn - Allergen Free Sauce (VG)																										?	
Sweet & Sour Quorn - RTU - Secondary (VG)																										?	
Vegetable Sausage		✓		✓																							

Sides

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Homemade Bread		✓		✓													?				✓		✓				
Pasta Twists (Fusilli)		✓		✓																							
Rice - Primary (VG)																											
Yorkshire Pudding		✓		✓													✓						✓				
Chips (VG)																											
Pasta Twists (Fusilli) - Secondary		✓		✓																							
Rice - Secondary (VG)																											
Yorkshire Pudding - Secondary		✓		✓													✓						✓				
Chips - Secondary (VG)																											
Broccoli (VG/GF)																											
Mashed Potatoes (VG)																											✓
Peas (VG)																											
Broccoli - Secondary (VG)																											
Mashed Potatoes - Secondary (VG)																											✓
Peas - Secondary (VG)																											
Carrots (half portion) (VG/GF)																											
Baked Beans (VG/GF)																											
Carrots (half portion) - Secondary (VG/GF)																											

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Baked Beans - Secondary (VG/GF)																											
Green Beans (half portion) (VG)																											
Green Beans (half portion) - Secondary (VG)																											
Knorr Gravy (VG)																											
Herby Diced Potatoes																											
Herby Diced Potatoes - Secondary																											
Sweetcorn (VG)																											
Sweetcorn - Secondary (VG)																											
Salad Sticks (VG)																											
Salad Sticks - Secondary (VG)																											
Knorr Gravy - Secondary (VG)																											

Third Option

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Jacket Potato (VG/GF/DF)																											
Twisty Pasta (VG)	?	✓	?	✓	?																						
Jacket Potato Baked Beans Topping (VG/GF/DF)																											
Twisty Pasta Topping - Tomato Sauce (VG/GF)																											
Jacket Potato - Secondary (VG/GF/DF)																											
Twisty Pasta - Secondary (VG)	?	✓	?	✓	?																						
Jacket Potato Grated Cheese Topping																							✓				
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)																											
Twisty Pasta Topping - Grated Cheddar (GF)																							✓				
Jacket Potato Grated Cheese Topping - Secondary																							✓				
Twisty Pasta Topping - Tomato Sauce - Secondary (VG/GF)																											
Jacket Potato Tuna Mayo Topping																	✓	✓									
Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)																											

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)																											
Twisty Pasta Topping - Grated Cheddar - Secondary (GF)																							✓				
Jacket Potato Baked Beans Topping - Secondary (VG/GF/DF)																											
Twisty Pasta Topping - Vegan Grated Cheddar - Secondary (VG)																											
Side Salad (VG/GF/DF)																											
Jacket Potato Tuna Mayo Topping - Secondary																	✓	✓									

Desserts

	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Gluten	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Cashew Nuts	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
Mini Donuts with Strawberry Sauce		✓		✓	✓												✓				✓		✓				
Low-Sugar Apple Crumble with Oat Topping	?	✓		✓	✓																?						
Sultana Shortbread		✓		✓																	?						
Secret Brownie		✓		✓													✓				?						
Vanilla Ice Cream Sundae																							✓				
Mini Donuts with Strawberry Sauce - Secondary		✓		✓	✓												✓				✓		✓				
Custard																							✓				
Fruit - Apple (VG)																											
Fruit - Banana (VG)																											
Fruit - Grapes (VG)																											
Fruit - Orange (VG)																											
Yogurt (Mullerlight)																							✓				