Allergen Report

Generated : 31/07/2026

Menu: *Ambleside & Denewood Academy - Week 2

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
Fish Fingers KS1		✓		✓														✓									
Fish Fingers KS2		✓		✓														✓									
Fish Fingers - Secondary		✓		✓														✓									
Fish Fingers (GF)																		✓									
Pepperoni Pizza - Rectangle		✓		✓																			✓				
Pepperoni Pizza - Rectangle - Secondary		✓		✓																			✓	?			
Hot Dog Roll (VG)		✓		✓																		?					
Pork Hot Dog Sausage		✓		✓																	✓						✓
Mince Beef Hotpot (GF/DF)																								✓			
Mince Beef Hotpot - Secondary (GF/DF)																								✓			
Chicken & Chickpea Korma																											

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	Hazelnuts	Tree Nuts	Almonds	Brazil Nuts	Cashew Nuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Gluten	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	
Chicken & Chickpea Korma - 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
Cheese & Tomato Pizza - Rectangle		✓		✓																			✓				
Cheese & Tomato Pizza - Rectangle - Secondary		✓		✓																			✓				
Cheese & Tomato Pizza (GF)																	✓						✓	?			
Hot Dog Roll (VG)		✓		✓																		?					
Vegetarian Hot Dog Sausage (VG/GF)																					✓						
Herb Roast Quorn																	✓						✓	?			
Herb Roast Quorn - Secondary																	✓						✓	?			
Sweet Potato, Red Lentil & Chickpea Korma Curry (VG)																											
Sweet Potato, Red Lentil & Chickpea Curry - Secondary (VG)																											
Five Bean Enchilada		✓		✓																			✓				
Five Bean Enchilada - Secondary		✓		✓																			✓				

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		✓		✓													?				✓		✓				
Skin On Spicy Potato Wedges (VG)																											
Rice - Primary (VG)																											
Warm Wholemeal Baguette / Crusty Bread (VG)	✓	✓		✓																		?					
Herby Diced Potatoes - Secondary																											
Chips (VG)																											
Skin On Spicy Potato Wedges - Secondary (VG)																											
Rice - Secondary (VG)																											
Saute Potatoes / Sauté Potatoes (VG)																											
Herby Diced Potatoes																											
Chips - Secondary (VG)																											
Sweetcorn (VG)																											
Naan Bread (VG)		✓		✓																							
Saute Potatoes / Sauté Potatoes - Secondary (VG)																											
Salad Sticks (VG)																											
Sweetcorn - Secondary (VG)																											
Naan Bread Secondary - (VG)		✓		✓																							

	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
Carrots (half portion) (VG/GF)																											
Salad Sticks - Secondary (VG)																											
Peas (VG)																											
Carrots (half portion) - Secondary (VG/GF)																											
Peas - Secondary (VG)																											
Green Beans (half portion) (VG)																											
Green Beans (half portion) - Secondary (VG)																											
Knorr Gravy (VG)																											
Baked Beans (VG/GF)																											
Baked Beans - Secondary (VG/GF)																											
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
Twisty Pasta (VG)	?	✓	?	✓	?																						
Jacket Potato (VG/GF/DF)																											
Twisty Pasta Topping - Tomato Sauce (VG/GF)																											
Jacket Potato Baked Beans Topping (VG/GF/DF)																											
Twisty Pasta Topping - Grated Cheddar (GF)																							✓				
Jacket Potato Grated Cheese Topping																							✓				
Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)																											
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)																											
Twisty Pasta - Secondary (VG)	?	✓	?	✓	?																						
Jacket Potato Tuna Mayo Topping																	✓	✓									
Twisty Pasta Topping - Tomato Sauce - Secondary (VG/GF)																											
Jacket Potato - Secondary (VG/GF/DF)																											
Twisty Pasta Topping - Grated Cheddar - Secondary (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
Jacket Potato Baked Beans Topping - Secondary (VG/GF/DF)																											
Twisty Pasta Topping - Vegan Grated Cheddar - Secondary (VG)																											
Jacket Potato Grated Cheese Topping - Secondary																							✓				
Side Salad (VG/GF/DF)																											
Jacket Potato Grated Vegan Cheese Topping - Secondary (VG)																											
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
Chocolate Mousse with Mandarin Oranges																							✓				
Eves Pudding		✓		✓													✓				?						
Tempting Triangle Biscuit (VG)	?	✓		✓	✓																?						✓
Fruit Flapjack - Raisins (VG)	?	?		✓	✓																						✓
Raspberry Ripple Ice Cream																							✓				
Fruit - Apple (VG)																											
Custard																							✓				
Fruit - Grapes (VG)																											
Fruit - Orange (VG)																											
Fruit - Banana (VG)																											
Yogurt (Mullerlight)																							✓				
Fruit Cocktail (VG)																											