Allergen Report

Generated : 31/07/2026

Menu: *Ambleside & Denewood Academy - Week 3

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
Ham & Cheese Pizza		✓		✓																			✓					
Battered Fish Fillet (battered pollock)		✓		✓														✓									
Ham & Cheese Pizza - Secondary		✓		✓																			✓					
Battered Fish Fillet (battered Cod) - Secondary		✓		✓														✓					✓					
Ham & Cheese Pizza - Rectangle		✓		✓																			✓	?				
Fish Fingers (GF)																		✓										
Ham & Cheese Pizza - Rectangle - Secondary		✓		✓																			✓	?				
Beef Bolognese																												
Beef Bolognese - Secondary																												
BBQ Chicken Wrap		✓		✓																						✓		

	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
BBQ Chicken Wrap - Secondary		✓		✓																						✓	
Chicken Puff Pastry Pie		✓		✓																	?			?	?	?	
Chicken Puff Pastry Pie - 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		✓		✓																			✓				
Cheese & Tomato Pizza - Secondary		✓		✓																			✓				
Cheese & Tomato Pizza - Rectangle		✓		✓																			✓				
Cheese & Tomato Pizza - Rectangle - Secondary		✓		✓																			✓				
Cheese & Tomato Pizza (GF)																	✓						✓	?			
Macaroni Cheese (KEEP)	?	✓	?	✓	?																?		✓				
Macaroni Cheese - Secondary (KEEP)	?	✓	?	✓	?																?		✓				
BYO - Quorn Dippers Wrap (VG)		✓		✓																							
BYO - Quorn Dippers Wrap - Secondary (VG)		✓		✓																							
Cheese & Potato Pie (GF)																	✓						✓				✓
Cheese & Potato Pie - Secondary (GF)																	✓						✓				✓
Falafel Pitta (VG)		✓		✓																							
Falafel Pitta - Secondary (VG)		✓		✓																							

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)																											
Herby Skin on Roast Potatoes																								?			
Diced Potatoes (VG)																											
Chips (VG)																											
Skin On Spicy Potato Wedges - Secondary (VG)																											
Herby Skin on Roast Potatoes - Secondary																								?			
Diced Potatoes - Secondary (VG)																											
Chips - Secondary (VG)																											
Sweetcorn (VG)																											
Carrots (half portion) (VG/GF)																											
Salad Sticks (VG)																											
Baked Beans (VG/GF)																											
Carrots (half portion) - Secondary (VG/GF)																											
Salad Sticks - Secondary (VG)																											
Baked Beans - 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
Green Beans (half portion) (VG)																											
Coleslaw																	✓										
Peas (VG)																											
Green Beans (half portion) - Secondary (VG)																											
Coleslaw - Secondary																	✓										
Peas - Secondary (VG)																											
Sweetcorn - Secondary (VG)																											
Pasta Twists (Fusilli)		✓		✓																							
Pasta Twists (Fusilli) - Secondary		✓		✓																							
Garlic Bread / Garlic Slice / Garlic Flatbread	?	✓	?	✓	?																?		?				

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 Grated Cheese Topping																							✓				
Twisty Pasta Topping - Grated Cheddar (GF)																							✓				
Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)																											
Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)																											
Jacket Potato Tuna Mayo Topping																	✓	✓									
Twisty Pasta - Secondary (VG)	?	✓	?	✓	?																						
Jacket Potato - Secondary (VG/GF/DF)																											
Twisty Pasta Topping - Tomato Sauce - Secondary (VG/GF)																											
Jacket Potato Baked Beans Topping - Secondary (VG/GF/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
Twisty Pasta Topping - Grated Cheddar - Secondary (GF)																							✓				
Jacket Potato Grated Cheese Topping - Secondary																							✓				
Twisty Pasta Topping - Vegan Grated Cheddar - Secondary (VG)																											
Jacket Potato Grated Vegan Cheese Topping - 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
Fruit Yoghurt Crunch	?	✓		✓	✓																?		✓				
Strawberry & Chocolate Sponge Traybake *Strawberry & Chocolate Sponge*		✓		✓													✓				?						
Carrot & Orange Cookie		✓		✓																	?						
Rice Crispie Cake	✓			✓																							
Vanilla Ice Cream Sundae																							✓				
Fruit - Apple (VG)																											
Fruit - Grapes (VG)																											
Fruit - Orange (VG)																											
Fruit - Banana (VG)																											
Yogurt (Mullerlight)																							✓				