

School Meals 2026/27 – Allergen Matrix

All information has been supplied by the School Meals Team at Sunderland City Council.

Week 1		Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Main Menu	Keema Curry			T				T	Y						T	T		
	Macaroni Cheese			T				Y					Y		T	T		
	Pepperoni Pizza							Y					Y	T				
	Margarita Pizza							Y					Y					
	Roast Pork, Yorkshire Pudding and Gravy			Y				Y					Y					
	Roast Chicken, Yorkshire Pudding and Gravy			Y				Y					Y					
	Quorn fillet, Yorkshire Pudding and Gravy			Y				Y					Y					
	Beef Lasagne			T				Y	T				Y			T		
	Spaghetti Bolognese												Y					
	Vegetable Bolognese								Y				Y					
	Fish Fingers				Y								Y					
	Salmon Fish Fingers				Y													
	Vegan Nuggets												Y					
Side Dishes	Garlic Slice							T	T				Y					
	Rice																	
	Ziggy Fries																	
	Roast Potatoes																	
	Oven Chips																	
	Chips																	
Desserts	Pancakes, Raspberry Sauce with Ice-cream			Y				Y					Y					
	Chocolate Fudge Cake			Y				Y	Y				Y					
	Apple Crumble Muffin			Y				Y					Y					
	Fruit Jelly and Cream							Y										
	Citrus Ginger Biscuit												Y					

Y = item **does** contain this allergen

T = may contact trace

Week 2		Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Main Menu	Tomato and Basil Pasta							Y					Y					
	Cheese Omelette			Y				Y										
	Sausage Yorkshire Pudding and Gravy			Y				Y	Y				Y					
	Quorn Sausage Yorkshire Pudding and Gravy			Y				Y	Y				Y					
	Corned Beef Pie			Y				Y					Y					
	Savoury Cheese Quiche			Y				Y	T				Y			Y		
	Chicken Shawarma Wrap												Y					
	Quorn Fajita Wrap												Y			Y		
	Fish Goujons				Y				Y				Y					
	Chicken Poppers																	
	Fishless Fish Fingers								Y				Y					
Side Dishes	Garlic Slice							T	T				Y					
	Herbed Diced Potato																	
	Creamed Potato							Y										
	Roast Potatoes																	
	Seasoned Wedges																	
	Oven Chips																	
	Chips																	
Desserts	Fresh fruit Salad																	
	Ice Sponge			Y				Y	Y				Y					
	Rice Pudding							Y										
	Flapjack Finger			T				T	T	T		Y	T					
	Fruit Cornflake Tart									Y			Y					
	Ice Cream							Y										
	Empire Biscuit			Y									Y					

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Week 3		Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Main Menu	Cheese and Tomato Swirl							Y					Y					
	Vegetable Enchiladas							Y					Y					
	Chicken Burger in A Bun												Y	T				
	Beef Burger in A Bun												Y	T				
	Vegetable Burger in A Bun												Y	T				
	Mince and Dumplings												Y					
	Quorn Mince and Dumplings								Y				Y					
	Chicken Fillet, Fried Rice and Curry Sauce			Y				T	Y	Y			Y		Y	T		
	Quorn Fillet, Fried Rice and Curry Sauce			Y				T	Y	Y			Y		Y	T		
	Breaded Fish Fillet				Y								Y					
	Cheese and Tomato Pizza Sub							Y					Y					
Side Dishes	Seasoned Diced Potatoes																	
	Sunshine Rice																	
	Seasoned Twisters												Y					
	Roast Potatoes																Y	
	Noodles	T	T	Y					Y				Y					
	Naan Bread												Y					
	Chips																	
	Oven Chips																	
Desserts	Steamed Jam Pudding			Y									Y				Y	
	Chocolate Krispie Crunch									Y								
	Fruit Crumble												Y					
	Marble Muffin			Y				Y					Y					
	Ice Cream							Y										
	Orange Crisp Biscuit												Y					

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Other Vegetables	Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Green Beans																	
Mixed Vegetables																	
Broccoli																	
Green Cabbage																	
Baked Beans									Y								
Sweetcorn/Corn on the Cob/Baby Corn																	
Carrot Roundels/Batons/Glazed																	
Garden Peas/Mushy Peas																	
Cauliflower																	
Mixed Salad																	

Other Desserts	Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Custard							Y										
Cream							Y										
Ice Cream							Y										
Yoghurts (peach and passionfruit, raspberry and strawberry)							Y										
Fresh fruit Salad																	
Fruit																	
Cheese and biscuits							Y					Y					
Milk							Y										
Orange juice																	
Blackcurrant Juice																	

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Picnic Basket/Packed Lunch Items		Peanuts	Tree Nuts	Egg	Fish	Crustaceans	Molluscs	Milk	Soya	Barley Gluten	Rye Gluten	Oats	Wheat Gluten	Sesame	Celery	Mustard	Sulphites	Lupin
Sandwiches	Ham Sandwich								Y				Y	T				
	Cheese Sandwich							Y	Y				Y	T				
	Egg Sandwich			Y					Y				Y	T		Y		
	Tuna Sandwich			Y	Y				Y				Y	T		Y		
Jacket Potatoes	Cheese Jacket Potato							Y										
	Tuna Jacket Potato			Y	Y											Y		
	Baked Bean Jacket Potato									Y								
Pasta Pots	Tomato and Cheese							Y					Y					
	Tuna Pasta			Y	Y								Y			Y		
Panini	Cheese							Y					Y	T				
	Cheese and Tomato							Y					Y	T				
	Pepperoni							Y					Y	T				
Wraps	Chicken Goujon												Y					
	Tuna			Y	Y								Y			Y		
Other	Garlic Bread							T	T				Y					
Salad Items	Side Salad																	
	Pasta salad			Y									Y					
	Coleslaw			Y												Y		
	Cucumber																	
	Carrot																	
	Celery														Y			
	Peppers																	
	Cherry tomatoes																	

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