

Allergen Report

Generated : 14/09/2026

Menu: Gold Star Lunch Day - Fred



✓ Contains Allergen ? May Contain Allergen ! Missing Allergen Information 🌿 Vegetarian 🥬 Vegan 🌾 Gluten Free 🍴 Modifier

Main Meals

Southern Fried Chicken Goujons	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)	

Vegetarian Meals

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)		
	Vegetable Nuggets KS1 (VG) 	Vegetable Nuggets KS2 (VG) 

Sides

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)		
	Chips (VG) 	Baked Beans (VG/GF) 

Third Option

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)	<
	Twisty Pasta with Tomato Sauce (VG) 

Desserts

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)	
	Sugared Ring Doughnuts 