Allergen Matrix - Stir Food Menu Autumn to Spring 2026-27 - Allergens are only accurate on day of printing please check the Daily allergen sheet

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites
Homemade Margherita Pizza with wedges & mixed salad		C		C			C						C	
Tarka Dhal Curry with steamed rice & seasonal vegetables														
Pasta with homemade tomato sauce		C												
Fruit Salad														
Chicken Meatballs with tomato sauce, pasta & sweetcorn		C					C						C	
Cheesy Broccoli Pinwheel with wedges & sweetcorn		C		C			C						C	
Pasta with nut-free spinach & basil pesto		C					C							
Chocolate Brownie		C		C			C							
Roast Chicken with roasted potatoes, seasonal vegetables & optional gravy														
Crispy Cheese & Lentil Bake with roast potatoes, vegetables & optional gravy		C					C							
Pasta with homemade tomato sauce		C												
Apple & Blueberry Flapjacks		C												
Beef Chilli con Carne with wholegrain rice & seasonal vegetables														
Macaroni Cheese with seasonal vegetables		C					C		C					
Pasta with homemade tomato sauce		C												
Jelly & Fruit Slices														
Fish Fingers with oven-baked chips & peas		C			C									
Jacket Potato with baked beans & cheese							C							
Pasta with homemade tomato sauce		C												
Chocolate & Vanilla Shortbread		C												
Homemade Margherita Pizza with wedges & mixed salad		C		C			C						C	
Vegetarian Tikka Masala with rice & seasonal vegetables							C							
Pasta with nut-free spinach & basil pesto		C					C							
Fruit Bowls														
Pork Sausage & Mash with seasonal vegetables & optional gravy		C					C						C	C
Vegetable Chow Mein Noodles		C		C										
Pasta with homemade tomato sauce		C												
Vanilla Sprinkle Sponge		C		C			C							
Roast Chicken with roasted potatoes, seasonal vegetables & optional gravy														
Cheesy Vegetable Bake with roast potatoes, vegetables & optional gravy		C					C							
Pasta with homemade tomato sauce		C												
Apple Crumble & Custard		C					C							
Sticky Chicken with steamed rice & seasonal vegetables		C											C	C
Chickpea Curry with wholegrain rice & mixed salad														
Pasta with homemade tomato sauce		C												
Watermelon Sticks														
Fish Fingers with oven-baked chips & baked beans		C			C									
Cheese & Onion Quiche with oven-baked chips & peas		C		C			C							
Pasta with homemade tomato sauce		C												
Shortbread Sticks		C												
Homemade Margherita Pizza with wedges & mixed salad		C		C			C						C	
Vegetable Chilli con Carne with rice & seasonal vegetables							C							
Pasta with nut-free spinach & basil pesto		C					C							
Fruit Bowls														
Chicken Burger with wedges & baked beans	M	C		C			M		M			M	C	
Vegetarian Burger with wedges & baked beans		C										C		
Pasta with homemade tomato sauce		C												
Apple Custard Cake		C		C			C							
Roast Chicken with roasted potatoes, seasonal vegetables & optional gravy														
Parsnip & Apple Slice with roast potatoes, vegetables & optional gravy		C											C	
Pasta with homemade tomato sauce		C												
Chocolate Crispy Cake		C					C						C	
Chicken Tikka Curry with wholegrain rice & seasonal vegetables							C							
Jacket Potato with Tuna Mayonnaise & seasonal vegetables				C	C									
Pasta with homemade tomato sauce		C												
Jelly & Fruit Slices														
Fish Fingers with oven-baked chips & baked beans		C			C									
Carrot & Chickpea Nuggets with oven-baked chips & peas		C					C							
Pasta with homemade tomato sauce		C												
Carrot & Cinnamon Cookies		C		C			C							