

SCHOOL ALLERGEN GUIDE



Our kitchens use ingredients containing gluten, milk, celery, fish, soya, nuts, and eggs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens. Please read through this guide to help you select suitable menu items.



NATURALLY



MILK

IF YOU HAVE A MILK ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Avo Toast

WRAPS

Honey Mustard Chicken Wrap

SALADS

Thai Chicken Salad

HOT MEALS

Beef Burger (no cheese)
Chutney Chicken
Beef Stew

SMOOTHIES

Peanut Butter Berry
Peanut Butter Bliss

SANDWICHES

BBQ Chicken Sandwich

✗ AVOID

BREAKFAST

Peanut Butter & Almond Pot

Little Scrambled Eggs & Toast

Cheesy Egg Wrap

WRAPS

Harvest Wrap
Chicken, Cheddar & Corn Wrap
Pulled Chicken Wrap
Princess Wrap
Chicken & Cheese Flat Wrap
BBQ Chicken Flat Wrap
Butter Chicken

Moroccan Wrap*
Magmatic Wrap*
Beef Burrito*

SANDWICHES

Toasted Cheese & Tomato
Chicken Salad 1/2
Toasted Chicken Mayo
Chicken Mayo & Avo

Pulled Chicken and Cheddar Pita*
Toasted Bolognese Pita*

SALADS

Harvest Salad
Princess Salad

Chicken & Corn Salad*

HOT MEALS

Pizza Slice
Mac & Cheese
Beef Lasagne
Chicken Pesto Pasta
Butter Chicken & Rice
Pasta Bolognese
Bobotie

SMOOTHIES

Strawberry Stinger
Berry Dairy
Green Lemonade

HOT DRINKS

Hot Chocolate

MUFFINS

Hot Cross
Berry
Cappuccino

*
MAKE IT MILK FREE
order without
butter

*
MAKE IT MILK FREE
order without feta,
white cheddar

*
MAKE IT MILK FREE
order without yoghurt,
mayo dressing



EGGS

IF YOU HAVE A EGG ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Peanut Butter & Almond Pot
Avo Toast

WRAPS

Beef Burrito
Moroccan Wrap
Magmatic Wrap
BBQ Chicken Flat Wrap
Butter Chicken

SANDWICHES

Toasted Cheese & Tomato
Toasted Bolgnaise Pita
Pulled Chicken & Cheddar

SALADS

Thai Chicken Salad

HOT MEALS

Pizza Slice
Beef Burger
Butter Chicken & Rice
Chutney Chicken

HOT DRINKS

Tea
Hot Chocolate

SMOOTHIES

All smoothies are egg free

✗ AVOID

BREAKFAST

Scrambled Eggs & Toast
Cheesy Egg Wrap

WRAPS

Honey Mustard Chicken Wrap*
Harvest Wrap*
Chicken, Cheddar & Corn Wrap*
Princess Wrap*
Chicken & Cheese Flat Wrap*

SANDWICHES

Chicken Salad*
Toasted Chicken Mayo*
Chicken Mayo & Avo*
BBQ Chicken

SALADS

Harvest Salad*
Princess Salad*
Chicken & Corn Salad*

HOT MEALS

Mac & Cheese
Pasta Bolognaise
Beef Lasagne
Chicken Pesto Pasta
Bobotie

MUFFINS

Hot Cross
Berry
Cappuccino





TREE NUTS

IF YOU HAVE A TREE NUTS ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Avo Toast
Scrambled Eggs & Toast

WRAPS

Harvest Wrap
Chicken, Cheddar & Corn Wrap
Pulled Chicken Wrap
Moroccan Wrap
Magmatic Wrap
Princess Wrap
Chicken & Cheese Flat Wrap
BBQ Chicken Flat Wrap
Beef Burrito
Honey Mustard Chicken Wrap
Butter Chicke

SANDWICHES

Toasted Cheese & Tomato
Chicken Salad
Toasted Chicken Mayo
Toasted Bolognaise Pita
Pulled Chicken & Cheddar
Chicken Mayo & Avo
BBQ Chicken

SALADS

Harvest Salad
Princess Salad
Chicken & Corn Salad

HOT MEALS

Pizza Slice
Mac & Cheese
BBQ Pulled Chicken Pizza Slice
Pasta Bolognaise
Beef Lasagne
Butter Chicken & Rice
Beef Burger
Chutney Chicken
Bobotie

✓ CHOOSE

HOT DRINKS

Tea
Hot Chocolate

SMOOTHIES

Strawberry Stinger
Berry Dairy
Green Lemonade

✗ AVOID

BREAKFAST

Peanut Butter & Almond Pot

HOT MEALS

Chicken Pesto Pasta

SMOOTHIES

Peanut Butter Bliss
Peanut Butter Berry

SALADS

Thai Chicken Salad

MUFFINS

Hot Cross
Berry
Cappuccino



PEANUTS

IF YOU HAVE A PEANUTS ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Avo Toast
Scrambled Eggs & Toast
Cheesy Egg Wrap

WRAPS

Harvest Wrap
Chicken, Cheddar & Corn Wrap
Moroccan Wrap
Magmatic Wrap
Princess Wrap
Chicken & Cheese Flat Wrap
Beef Burrito
BBQ Chicken Wrap
Honey Mustard Chicken Wrap
Butter Chicken

SANDWICHES

Toasted Cheese & Tomato
Chicken Salad
Toasted Chicken Mayo
Toasted Bolognaise Pita
Pulled Chicken & Cheddar
Chicken Mayo & Avo
BBQ Chicken Sandwich

SALADS

Harvest Salad
Thai Chicken Salad
Princess Salad
Chicken & Corn Salad

HOT MEALS

Pizza Slice
Mac & Cheese
Pasta Bolognaise
Beef Lasagne
Butter Chicken & Rice
Beef Burger
Bobotie
Chutney Chicken

✓ CHOOSE

HOT DRINKS

Tea
Hot Chocolate

SMOOTHIES

Strawberry Stinger
Berry Dairy
Green Lemonade

✗ AVOID

BREAKFAST

Peanut Butter & Almond Pot

SALADS

Thai Chicken Salad

SMOOTHIES

Peanut Butter Bliss
Peanut Butter Berry

HOT MEALS

Chicken Pesto Pasta

MUFFINS

Hot Cross
Berry
Cappuccino



WHEAT/GLUTEN

IF YOU HAVE A WHEAT/GLUTEN ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Peanut Butter & Almond Pot

SALADS

Harvest Salad
Princess Salad
Chicken & Corn Salad

HOT MEALS

Butter Chicken & Rice
Bobotie
Chutney Chicken

SMOOTHIES

All smoothies are gluten free

✗ AVOID

BREAKFAST

Avo Toast
Scrambled Eggs & Toast
Cheesy Egg Wrap

WRAPS

Harvest Wrap
Chicken, Cheddar & Corn Wrap
Tropical Chicken Wrap
Moroccan Wrap
Magmatic Wrap
Princess Wrap
Chicken & Cheese Flat Wrap
BBQ Chicken Flat Wrap
Honey Mustard Chicken Wrap
Beef Burrito
Butter Chicken

SANDWICHES

Toasted Cheese & Tomato
Chicken Salad
Toasted Chicken Mayo
Toasted Bolgnaise Pita
Pulled Chicken & Cheddar
Chicken Mayo & Avo
BBQ Chicken Sandwich

HOT MEALS

Pizza Slice
Mac & Cheese
Pasta Bolognaise
Beef Lasagne
Chicken Pesto Pasta
Beef Burger

HOT DRINKS

Hot Chocolate

MUFFINS

Hot Cross
Berry
Cappuccino



SOY

IF YOU HAVE A SOY ALLERGY:

✓ CHOOSE

BREAKFAST

Fruit Cups
Peanut Butter & Almond Pot
Cheesy Egg Wrap

WRAPS

Harvest Wrap
Chicken, Cheddar & Corn Wrap
Magmatic Wrap
Princess Wrap
Beef Burrito
Honey Mustard Chicken Wrap
Butter Chicken

SANDWICHES

Toasted Bolgnaise Pita
Pulled Chicken & Cheddar

SALADS

Harvest Salad
Chicken & Corn Salad
Princess Salad

HOT MEALS

Pizza Slice
Mac & Cheese
Beef Burger
Butter Chicken & Rice
Bobotie
Chutney Chicken

HOT DRINKS

Tea
Hot Chocolate

SMOOTHIES

Strawberry Stinger
Peanut Butter Bliss
Berry Dairy
Peanut Butter Berry
Green Lemonade

✗ AVOID

BREAKFAST

Avo Toast
Scrambled Eggs & Toast

WRAPS

BBQ Chicken Flat Wrap
Moroccan Wrap
Chicken & Cheese Flat Wrap

SANDWICHES

Toasted Cheese & Tomato
Chicken Salad
Toasted Chicken Mayo
Toasted Bolgnaise Pita
Pulled Chicken & Cheddar
Chicken Mayo & Avo
BBQ Chicken Sandwich

SALADS

Thai Chicken Salad

HOT MEALS

Pasta Bolognaise
Beef Lasagne
Chicken Pesto Pasta

MUFFINS

Hot Cross
Berry
Cappuccino