

Allergy Key: Wheat/ Gluten Garlic Egg Soya Dairy

Correct as of July 2019

Mustard Fish Celery Lupin Sesame Peanuts/ Other Nuts Molluscs & Crustaceans Sulphur Dioxide/ Sulphites>10ppm

Week 2	LUNCH	INGREDIENTS	DESSERT	INGREDIENTS	VEGETARIAN	INGREDIENTS
<u>MONDAY</u>	WHOLESOME CHILLI CON CARNE SERVED WITH LONG GRAIN RICE	90% minced beef Chilli powder, kidney beans, Onions, garlic, tomato paste, chopped tomatoes, mixed vegetables	SCHOOL COMPLIANT STRAWBERRY MOUSSE WITH WAFERS	Strawberry mousse contains Milk	WHOLESOME THREE BEAN CHILLI SERVED WITH LONG GRAIN RICE	Cannellini Beans, Chick peas, Chilli powder, kidney beans, Onions, garlic, tomato paste, chopped tomatoes, mixed vegetables
<u>TUESDAY</u>	SAUSAGE & LENTIL CASSEROLE, BOILED POTATOES, CARROTS & SWEETCORN	Sausages, gluten free gravy, herbs, lentils green, onions, garlic, Sausages are free from all above allergens	PEACHES & PINEAPPLES WITH CUSTARD	As in the lunch description	VEGETABLE SAUSAGE CASSEROLE, BOILED POTATOES, CARROTS & SWEETCORN	Vegetable sausage, gluten free gravy, herbs, lentils (green), onions, garlic
<u>WEDNESDAY</u>	JACKET POTATOES WITH CHEESE, BEANS & CARROT STICKS	As in the lunch description	BANANAS & CUSTARD	As in the lunch description	JACKET POTATOES WITH CHEESE, BEANS & CARROT STICKS	As in the lunch description
<u>THURSDAY</u>	MIXED WHITE FISH CAKE WITH A CHEESE SAUCE NEW POTATOES PEAS & MIXED VEG	Mixed white cake contains flour, fish, milk, mustard, potato, mixed herbs Milk, flour, butter, cheese mixed herbs for the sauce	MULLER LITTLE STAR YOGHURTS, (strawberry, raspberry, peach)	Muller Yoghurts contain Milk	NUTRITIOUS RATATOUILLE NEW POTATOES, PEAS & MIXED VEG	Onion, garlic, tomato, tomato paste, mixed herbs, peppers, mushroom, courgettes, leeks aubergines mixed beans
<u>FRIDAY</u>	TURKEY MEATBALLS, IN A TOMATO & CHILLI SAUCE SERVED WITH PENNE PASTA	Turkey minced, rosemary tomato, onion, garlic, chilli powder, tomato paste, peppers, mixed vegetables	SUGAR FREE & VEGETARIAN JELLY & ICE CREAM	Jelly is suitable for vegetarians the ice cream contains dairy only	MIXED BEAN & TOMATO CASSOULET SERVED WITH PENNE PASTA	Butter beans, chick peas, kidney beans, cannellini beans, peppers, carrots, green beans, peas, sweetcorn, onion, garlic, tomato, mixed herbs