

*St Johns Primary - Week 1

Fred

-  Cereals Containing Gluten
-  Peanuts
-  Tree Nuts
-  Milk
-  Eggs
-  Crustaceans
-  Fish
-  Celery and Celeriac
-  Soya and Soya Products
-  Sesame Seeds
-  Molluscs
-  Mustard
-  Lupin
-  Sulphites
-  GM Foods
-  Vegetarian
-  Vegan
-  Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Pepperoni Pizza Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Chicken Tikka Masala Curry - Allergy Free Does Contains: May Contain: Modifiers:	Sausage Meat Plait Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Sulphites, Eggs May Contain:    Soya and Soya Products, Lupin, Mustard, Celery and Celeriac Modifiers:	Beef Lasagne Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:    Eggs, Soya and Soya Products, Mustard Modifiers:	Fish Fingers KS1 Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
	Pepperoni Pizza - Rectangle - Secondary Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:  Celery and Celeriac Modifiers:				Fish Fingers KS2 Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Cheese & Tomato Pizza 🌱 Does Contains: 🌾🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Quorn Tikka Masala Curry - Allergy Free Sauce 🌱 Does Contains: May Contain: 🥛 Mustard Modifiers:	Lentil & Pepper Roulade 🌱 Does Contains: 🌾🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🥛L🥛 Soya and Soya Products, Lupin, Mustard Modifiers:	Vegetarian Lasagne 🌱 Does Contains: 🌾🥛🥚 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚🥛 Eggs, Mustard Modifiers:	Cheese & Tomato Quiche 🌱 Does Contains: 🌾🥛🥚 Gluten (Wheat), Cereal Containing Gluten, Milk, Eggs May Contain: 🥛 Soya and Soya Products Modifiers:
	Cheese & Tomato Pizza - Rectangle 🌱 Does Contains: 🌾🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:				
Sides	Homemade Bread 🌱 Does Contains: 🌾🥛🥚 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	50/50 Rice (VG) 🌱 Does Contains: May Contain: Modifiers:	Gravy (VG) 🌱 Does Contains: May Contain: Modifiers:	Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌾🥛🥚 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Skin On Spicy Potato Wedges (VG) Does Contains: May Contain: Modifiers: Corn on the Cob (VG) Does Contains: May Contain: Modifiers:	Homemade Bread Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: Eggs Modifiers: Green Beans (VG) Does Contains: May Contain: Modifiers:	Homemade Bread Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: Eggs Modifiers: Peas (half portion) (VG) Does Contains: May Contain: Modifiers: Carrots (half portion) (VG/GF) Does Contains: May Contain: Modifiers: Mashed Potatoes (VG) Does Contains: Sulphites May Contain: Modifiers:	Homemade Bread Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: Eggs Modifiers: Warm Wholemeal Baguette / Crusty Bread Does Contains: Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain: Sesame Seeds Modifiers:	Peas (VG) Does Contains: May Contain: Modifiers: Baked Beans (VG/GF) Does Contains: May Contain: Modifiers: Chips (VG) Does Contains: May Contain: Modifiers:
Third					

	Monday	Tuesday	Wednesday	Thursday	Friday
Option	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Jacket Potato (VG) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Tuna Topping Does Contains: Fish May Contain: Modifiers:
	Tuna Topping Does Contains: Fish May Contain: Modifiers:	Side Salad (VG) Does Contains: May Contain: Modifiers:	Tuna Topping Does Contains: Fish May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:
	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: Milk May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) Does Contains: Milk May Contain: Modifiers:
	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:	Cheese Baguette Does Contains: Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: Gluten (Oats) Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Twisty Pasta Topping - Grated Cheddar (GF) 🌿 Does Contains: 🍲 Milk May Contain: Modifiers:	Ham Baguette Does Contains: 🌿 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten May Contain: 🌿 🍲 Gluten (Oats), Milk Modifiers:	Twisty Pasta Topping - Grated Cheddar (VG/DF) 🌿 Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌿 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (VG/DF) 🌿 Does Contains: May Contain: Modifiers:
	Twisty Pasta Topping - Grated Cheddar (VG/DF) 🌿 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping 🌿 Does Contains: 🍲 May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) 🌿 Does Contains: 🍲 Milk May Contain: Modifiers:	Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌿 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) 🌿 Does Contains: May Contain: Modifiers:
		Jacket Potato Baked Beans Topping (VG) 🌿 Does Contains: May Contain: Modifiers:			
		Jacket Potato Grated Cheese Topping (VG) 🌿 Does Contains: May Contain: Modifiers:			

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Grapes (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit - Grapes (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers:	Fruit - Orange (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit Salad (VG) 🍏 Does Contains: 🧴 Sulphites May Contain: Modifiers:	Fruit - Orange (VG) 🍏 Does Contains: May Contain: Modifiers: Carrot Cake 🥕 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🥚 Soya and Soya Products Modifiers:	Fruit - Grapes (VG) 🍏 Does Contains: May Contain: Modifiers: Raspberry & Peach Jelly (VG) 🍏 Does Contains: May Contain: Modifiers:	Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers: Vanilla Ice cream 🍌 Does Contains: 🍷 Milk May Contain: Modifiers:
	Apple & Sultana Flapjack (VG) 🍏 Does Contains: 🌿🧴 Cereal Containing Gluten, Gluten (Oats), Sulphites May Contain: 🌿 Gluten (Barley), Gluten (Wheat) Modifiers:				