

*St Johns Primary - Week 3

Fred

Cereals Containing Gluten

Peanuts

Tree Nuts

Milk

Eggs

Crustaceans

Fish

C Celery and Celeriac

Soya and Soya Products

S Sesame Seeds

Molluscs

Mustard

L Lupin

Sulphites

GM Foods

Vegetarian

Vegan

Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Hunters Chicken Does Contains: Milk, Mustard May Contain: Modifiers:	Beef Bolognese Does Contains: May Contain: Modifiers:	Roast Gammon Does Contains: May Contain: Modifiers:	Brunch Lunch - Sausage Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain: Modifiers: Brunch Lunch - Bacon Does Contains: May Contain: Modifiers: Brunch Lunch - Baked Beans (VG) Does Contains: May Contain: Modifiers:	Fish Fingers KS1 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers: Fish Fingers KS2 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
				Brunch Lunch - Tomato (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Hash Brown (VG)  Does Contains: May Contain: Modifiers:	
Vegetarian Meals	BBQ Quorn Cheesy Melt  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Mustard, Milk May Contain: Modifiers:	Lentil & Vegetable Bolognese  Does Contains: May Contain: Modifiers:	Roasted Falafel  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Brunch Lunch - Cheese Omelette  Does Contains:   Milk, Eggs May Contain: Modifiers: Brunch Lunch - Hash Brown (VG)  Does Contains: May Contain: Modifiers:	Cheese & Sweetcorn Puff  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:    Soya and Soya Products, Lupin, Mustard Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
				Brunch Lunch - Baked Beans (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Tomato (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Vegetarian Sausage (VG)  Does Contains:  Soya and Soya Products May Contain: Modifiers:	
Sides	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:	Knorr Gravy (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 (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Peas (half portion) (VG)  Does Contains: May Contain: 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:		Baked Beans (VG/GF)  Does Contains: May Contain: Modifiers:
	Sweetcorn (half portion) (VG)  Does Contains: May Contain: Modifiers:	Penne Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	New Potatoes (VG)  Does Contains: May Contain: Modifiers:		Chips (VG)  Does Contains: May Contain: Modifiers:
	50/50 Rice (VG)  Does Contains: May Contain: Modifiers:		Carrots (half portion) (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:
			Peas (half portion) (VG)  Does Contains: May Contain: Modifiers:		
Third Option					

	Monday	Tuesday	Wednesday	Thursday	Friday
	Tuna Topping Does Contains: 🐟 Fish May Contain: Modifiers:	Jacket Potato (VG) 🌱 Does Contains: May Contain: Modifiers:	Tuna Topping Does Contains: 🐟 Fish May Contain: Modifiers:	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Tuna Pasta Bake Does Contains: 🌿 🧄 🐟 Gluten (Wheat), Cereal Containing Gluten, Milk, Fish May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:
	Twisty Pasta Topping - Tomato Sauce (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: 🐟 🥚 Fish, Eggs May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (VG/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: 🐟 🥚 Fish, Eggs May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) 🌱 Does Contains: May Contain: Modifiers:
	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Side Salad (VG) 🌱 Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping 🌱 Does Contains: 🧄 Milk 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 Baked Beans Topping (VG) 🌱 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 (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 (VG/DF) 🌿 Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Grated Cheddar (GF) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers:	Jacket Potato Grated Cheese Topping 🌿 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: Jacket Potato Grated Cheese Topping (VG) 🌿 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) 🌿 Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Grated Cheddar (GF) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌿 Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌿 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Twisty Pasta Topping - Grated Cheddar (VG/DF) 🌿 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Cheese Baguette 🌱 Does Contains: 🌿🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:			
Desserts	Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers: Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers: Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	

