

PRIMARY SCHOOLS - Winter Menu 2021/2022	14 Common Allergens	Carb Count per Portion (unless otherwise stated)
Allergen Information Overview	Milk Gluten Sulphites Egg Soya Peanut Tree Nuts Sesame Fish Celery Mustard Lupin Crustaceans Molluscs	
Break/Lunch Time		
Week 1 Meal of the Day		
<u>Monday</u>	Allergens Contained Within	
Hidden Vegetable Mac n Cheese with Broccoli	SOYA EGG GLUTEN MILK	40.3g
Quorn Burger with Broccoli	EGG GLUTEN MILK SESAME MUSTARD	30.9g
Winter Berries & Custard	SOYA GLUTEN EGG MILK	22.5g
<u>Tuesday</u>		
Moroccan Style Lamb with Cous cous & Roasted Vegetables	GLUTEN SULPHITES	26.4g
Moroccan Style Vegetables eith Cous Cous and Roasted Vegetables	GLUTEN SULPHITES	34.9g
Mixed Melon	x	3.2g
<u>Wednesday</u>		
Roast Beef, Yorkshire pudding & Trimmings	EGG GLUTEN MILK	36.6g
(v) Sausage Roll with Trimmings	GLUTEN SULPHITES	55.9g
Fruit Flapjack	GLUTEN SULPHITES	11.7g
<u>Thursday</u>		
Mild Spiced Chicken Pittas with Salad Sticks	SOYA MILK GLUTEN	40.8g
Tuna & Sweetcorn Pasta	SOYA EGG GLUTEN MILK MUSTARD FISH	37.4g
Fruit Jelly	x	14.4g
<u>Friday</u>		
Battered Fish, Chips, Peas & Sweetcorn	FISH GLUTEN	38.3g
Cheese & Tomato Pizza Baguette, Chips, Peas & Sweetcorn	SOYA EGG MILK GLUTEN	60.4g
Fudge Yoghurt	MILK	12.6g
Week 2 Meal of the Day		
<u>Monday</u>	Allergens Contained Within	
Mexican Bean Chilli with Rice & Baby Corn	x	45.3g
Crispy Cheese & Vegetable Wrap with Rice & Baby Corn	MILK EGG MUSTARD GLUTEN	82.9g
Seasonal Fruit Selection	x	6-15g
<u>Tuesday</u>		
BBQ Chicken Fillet Burger with Sweet potato & Carrot	SESAME GLUTEN	53.8g
Frittata with Sweet Potato & Carrot	EGG MILK	22.1g
Cocoa & Orange Cake with Chocolate Custard	SOYA GLUTEN EGG MILK	34.4g
<u>Wednesday</u>		
Braised Pork with Apple & Trimmings	SULPHITES	46g
Braised Quorn With Apple & Trimmings	EGG SULPHITES	46.9g
Oaty Crunch with Vanilla Yoghurt	SOYA GLUTEN MILK	25g
<u>Thursday</u>		
Beanie Cottage Pie with Cheesy top, Crusty Bread, Beetroot & Green Beans	SULPHITES SESAME GLUTEN MILK	49.1g
(V) Beanie Cottage Pie with Cheesy top, Crusty Bread, Beetroot & Green Beans	SULPHITES SESAME GLUTEN MILK	50g
Spiced Plum & Pear	x	6.3g
<u>Friday</u>		
Battered Fish, Chips, Peas & Sweetcorn	FISH GLUTEN	38.3g
Cheese & Tomato Pizza Baguette, Chips, Peas & Sweetcorn	SOYA EGG MILK GLUTEN	60.4g
Toffee Apple Rice Pudding	MILK	27.2g
Week 3 Meal of the Day		
<u>Monday</u>	Allergens Contained Within	
Sweet Potato & Mango Curry with Rice & Roasted Cauliflower	GLUTEN	79.5g
Cheese & Garlic Pasta with Roasted Cauliflower	MILK SOYA EGG GLUTEN	44.3g
Pear & Sultana Crumble with Custard	SOYA GLUTEN EGG MILK	50.2g
<u>Tuesday</u>		
Beef Burger, Corn on the Cob & Baked Beans	SESAME GLUTEN	43.5g
Mozzarella, Tomato & Pepper Ciabatta with Corn on the Cob & Baked Beans	SOYA EGG MILK GLUTEN	45.6g
Fruit Shortbread	SOYA GLUTEN	19g
<u>Wednesday</u>		
Roast Chicken & Stuffing with Trimmings	GLUTEN SULPHITES	45.1g
Quorn Sausage & Stuffing with Trimmings	GLUTEN EGG MILK SULPHITES	48g
Strawberry Ice-Cream	MILK	15.3g
<u>Thursday</u>		
Shredded Ham in Mexican Style Beans with Crusy Bread & Broccoli	SULPHITES SESAME GLUTEN	41.3g
BBQ Beans with Crusty Bread & Broccoli	SESAME GLUTEN	60g
Peach & Mango Yoghurt	MILK	16.6g
<u>Friday</u>		
Salmon Fish Fingers, Chips, Peas & Sweetcorn	FISH GLUTEN	36.1g
Cheese & Tomato Pizza Baguette, Chips, Peas & Sweetcorn	GLUTEN MILK EGG SOYA	60.4g
Bananas & Ice-Cream	SOYA MILK	29.2g
Daily Menu Items		
Allergens Contained Within		
Jacket Potato	x	27.58g
Wholemeal Bread	SOYA GLUTEN	13.3g per Slice
Wholemeal Bun	SESAME GLUTEN	22.9g
Tortilla Wrap	GLUTEN	43g per 100g
Sunflower Spread	x	nominal
Cheese Filling	MILK	nominal
Tuna & Sweetcorn Mayo Filling	FISH MILK EGG MUSTARD	1.8g
Tuna Filling	FISH	nominal
Coleslaw Filling	MILK EGG MUSTARD	2.8g
Beef Filling	SULPHITES	0-2g
Ham Filling	SULPHITES	0-2g
Turkey Filling	x	0-2g
Chicken Filling	x	0-2g
Light Mayonaise	MILK EGG MUSTARD	
Mixed Salad	x	
Pasta	GLUTEN EGG SOYA	
Cous Cous	GLUTEN	
Yoghurt	MILK	
		Sweetcorn 11.2g per 100g
		Cous Cous 42.6g per 100g
		Wholewheat Pasta 63.5g per 100g
		Penne Pasta 71g per 100g
		Light Mayo 2.6g per 100g
		Salad Cream 24.7g per 100g
		Carrot 2.7g per 100g
		Beetroot 6.1g per 100g
		Tomatoes 3g per 100g
		Red Pepper 4.3g per 100g
		Yoghurt 10.5g per 100g