

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten Celery

Crustaceans Egg

Fish Lupin

Mustard Nut

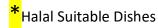
Milk Molluscs

Peanut Sesame

Soya Sulphites

Please find below the allergens for our main meals and puddings.

The yoghurt that we provide as an option each day for our puddings contains Milk





WEEK ONE

St Peter's Primary School

	Red Option	Green Option	Dessert
		Vegetable Lasagne	Milk Rice Pudding with Fruit
Monday	Beef Lasagne *	Gluten, Eggs, Milk, Mustard	Compote
		Pasta in Tomato Sauce or Cheese	Milk
	Gluten, Eggs, Milk, Mustard	Gluten, Milk	
		Veggie Burger	Apple & Mixed Fruit Oatie Crumble
Tuesday	Chicken Burger in a bun *	Gluten	With Custard
	_	Jacket Potato, Cheese or Beans	
	Gluten, Sesame Seeds, Milk	Milk	Gluten, Milk, Soybeans
		Vegetarian Sausages in a Yorkshire	Fresh Fruit Platter, Yoghurt
Wednesday	Roast BBQ Chicken Dinner *	Pudding with Onion Gravy	Cheese & Biscuits
	and Gravy	Gluten, Milk, Egg, Sesame Seeds,	
		Soybean, Sulphur Dioxide	Milk, Gluten
	Sesame Seeds, Mustard		
		Pasta in Tomato Sauce or Cheese	
		Gluten, Milk	
	Lamb Pasta Bolognaise *	Spaghetti with Tomato & Basil	
Thursday	_	Sauce	Courgette & Carrot Cake
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Gluten	Gluten, Milk	With Custard
		Jacket Potato, Cheese or Beans	
		Milk	Eggs, Gluten, Soybean
	December 1 Colonia 2	Maria de Maria	L. C.
Friday	Breaded Salmon *	Vegetarian Nuggets	Ice Cream Pot
	Fish, Gluten	Gluten	Milk



WEEK TWO

St Peter's Primary School

	Red Option	Green Option	Dessert
		Sweet Chili vegetable Stir Fry with	
Monday	Chicken Jallof Rice *	Noodles	Pancake & Fruit Compote
	_	Gluten, Celery, Eggs, Sesame Seeds,	
		Soybeans, Sulphur Dioxide	Egg, Gluten, Milk
	Gluten		
		Pasta in Tomato Sauce or Cheese	
		Gluten, Milk	
		Cheese/Tomato Pizza	Reduced Sugar Mixed Fruit Oatie
Tuesday	Tuna & Sweetcorn Pizza *	Gluten, Milk	Crumble with Custard
	Gluten, Milk, Fish	Jacket Potato, Cheese or Beans	Gluten, Milk, Soybeans
		Gluten, Milk	
		Roasted vegetable and Polenta Slice	
Wednesday	Roast Beef & Gravy	Milk,	Fresh Fruit, Yoghurt or Cheese & Biscuits
	Sesame Seeds	Pasta in Tomato Sauce or Cheese	
		Gluten, Milk	Gluten, Milk
	Chicken & Vegetable Casserole *	Macaroni Cheese	
Thursday	Gluten, Soybean, Celery, Eggs,	Gluten, Milk, Mustard, Soybean	Rock/fruit Cake with Custard
· · · · · · · · · · · · · · · · · · ·	Mustard, Milk		
		Jacket Potato, Cheese or Beans	Gluten, Milk, Egg, Soybeans
		Gluten, Milk	
	Cod Bites *	Cheese, Tomato & Spinach Pin Wheel	Vegetarian Fruit Jelly
Friday	_		
	Fish, Gluten	Gluten, Milk	None



WEEK THREE

St Peter's Primary School

	Red Option	Green Option	Dessert
		Broccoli & Cauliflower Bake	Reduced Apple & Peach Oatie
Monday	Beef Cottage Pie *	Milk, Gluten, Mustard	Crumble & Custard
,	Sesame Seeds, Milk	Pasta in Tomato Sauce or Cheese	
		Gluten, Milk	Gluten, Milk, Soybean
	Braised Chicken Sausages with Onion	Vegetarian Sausages with Onion	
Tuesday	Gravy *	Gravy	Blueberry Muffins with Custard
•		Gluten, Sesame Seeds, Soybeans,	
	Gluten, Sesame Seeds	Sulphur Dioxide	Eggs, Gluten, Milk, Soybeans,
		Jacket Potato, Cheese or Beans	Sulphur Dioxide
		Gluten, Milk	
		Plain Omelette (cheese optional)	
Wednesday	Roast Chicken Dinner *	Milk, Eggs	Fresh Fruit Platter, Yoghurt or
,	_		Cheese & Biscuits
	Sesame Seeds, Celery, Sulphur Dioxide	Pasta in Tomato Sauce or Cheese	Milk, Gluten
		Gluten, Milk	
	Minced Beef & Vegetable Pie *	Mixed Vegetable Pitta Pocket with	
Thursday		Lentil & Chickpeas, (coleslaw/Salad	Eves Pudding (apple sponge)
		Bar)	With Custard
	Eggs, Gluten, Milk, Sesame Seeds	Gluten, Mustard, Milk, Sesame	
		Seeds, Soybeans	Milk Gluten, Eggs
		Jacket Potato, Cheese or Beans	
		Gluten, Milk	
	Baked Breaded Fish Fillet *	Roasted Vegetable Wrap	
Friday	_		Vegetarian Strawberry Mousse
,	Fish, Gluten	Gluten, Milk	Milk