

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

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

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**

Halal Suitable Dishes

WEEK ONE

St Peter's Primary School

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

WEEK TWO

St Peter's Primary School

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

WEEK THREE

St Peter's Primary School

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

