

#### Summer 22 Menu

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

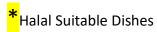
Milk Molluscs

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**

	Red Option	Green Option	Option	Dessert
Monday	Chicken Burger in a Bun *	Baked Vegetable Samosa	Pasta in a Tomato & Basil Sauce (VG)	Apple & Mixed Fruit Oatie Crumble with Custard
Monday	Gluten, Milk	Gluten	Gluten Free Pasta Available Gluten	Cluton Milk
	Beef Lasagne *	Roasted Vegetable Lasagne	Jacket Potato with Cheese	Gluten, Milk  Apple Pie with Custard
Tuesday		The second of General Control of the second	or Beans	
	Gluten, Milk	Gluten, Milk	Milk	Gluten, Egg, Milk
	Roast BBQ Chicken Dinner *	Roasted Vegetable Wrap	Pasta in a Roasted Vegetable	Fresh Fruit Platter, Yoghurt
Wednesday	None		Sauce (VG)	Cheese & Biscuits
		Gluten, Milk	Gluten	Milk, Gluten
Thursday	Lamb Pasta Bolognese *	Spaghetti In a Tomato & Basil Sauce (VG)	Jacket Potato with Beans or Tuna Mayonnaise	Carrot Cake with Custard
	Gluten	Gluten	Egg, Fish	Milk, Egg, Gluten
	Fish Fingers *	Vegetarian Sausage Roll (VG)		Ind Strawberry & Vanilla
Friday			GLUTEN FREE OPTION AVAILABLE	swirl Mousse
	Fish, Gluten	Gluten		Milk

There is always a gluten free option available on request



### **WEEK TWO**

	Red Option	Green Option	Option	Dessert
	Tuna & Sweetcorn Pizza *	Cheese & Tomato Pizza	Pasta in a Tomato and Basil	Fresh fruit Platter or
Monday			Sauce (VG)	Yoghurt
•			GF Pasta Available	
	Gluten, Milk	Gluten, Milk	Gluten	
				Milk
Tuesday	Minced Beef & vegetable Hotpot *	Mac & Cheese	Jacket Potato with Beans (VG)	Apple Cake with Custard
•		Gluten, Milk, Mustard	None	Gluten, Milk, Egg
	None			
	Roast Paprika Chicken	Stir Fried Rice with Vegetables	Pasta in a Roasted Vegetable	Fresh Fruit, Yoghurt or
Wednesday	Dinner <mark>*</mark>	(Nasi Goreng-No Eggs) (VG)	Sauce (VG)	Cheese & Biscuits
	None	Gluten, Soya	Gluten	Gluten, Milk
	Sweet Chilli Chicken	BBQ Mixed Vegetable with Lentils	Jacket Potato with Tuna	Pancake with Fruit Compote
Thursday	Stir Fry with Noodles &	& Chickpeas in a Mini Naan Bread	Mayonnaise or Beans	
•	Vegetables *	(VG)		
	Gluten, Eggs	Gluten, Milk	Fish, Eggs	Eggs, Gluten, Milk
	Breaded Baked Fish Fillet *	Chilli Non Carne with Rice (VG)		Ice Cream Pot
Friday			GLUTEN FREE OPTION	
			AVAILABLE	
	Fish, Gluten	None		Milk

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# ST. PETER'S PRIMARY SCHOOL EVERYONE COUNTS

### **WEEK THREE**

	Red Option	<b>Green Option</b>	Option	Dessert
	Braised Chicken & Beef	Broccoli & Cauliflower Cheese	Pasta in a Tomato Sauce	Reduced Sugar Fruit
Monday	Sausages with onion Gravy *	with Sweet Potato Mash	(VG)	Crumble with Custard
	_	Topping		
	Gluten, Soya, Sulphur Dioxide		Gluten	Gluten, Milk
		Milk, Mustard		
	Beef Cottage Pie *	Spaghetti in a Tomato Sauce	Jacket Potato with Beans or	Blueberry Muffin
Tuesday		(VG)	Cheese	with Custard
	None	Gluten	Milk	Gluten, Milk, Egg
	Roast Chicken Dinner *	Vegetable & Lentil Cottage Pie	Pasta in a Roasted	Fresh Fruit, Yoghurt or
Wednesday		(VG)	Vegetable & Tomato Sauce	Cheese & Biscuits
			(VG)	
	None	None		Gluten, Milk
			Gluten	
	Minced Beef & Vegetable Pie	Vegetable Stir Fry with noodles	Jacket Potato with Tuna	Honey & Lemon Drizzle Cake
Thursday	<mark>*</mark>		Mayonnaise or Beans	(Custard Optional)
		None		
	Gluten, Milk		Fish, Eggs	Eggs, Gluten, Milk
	Fish Fingers *	Tomato, Spinach & Cheese		Peach & Pear Fruit Pots
Friday		Pinwheel	GLUTEN FREE OPTION	
			AVAILABLE	
	Fish, Gluten	Gluten, Milk		None

There is always a gluten free option available on request