



**ST. PETER'S  
PRIMARY  
SCHOOL**  
EVERYONE COUNTS

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

	Red Option	Green Option	Option	Dessert
Monday	BBQ Chicken Pizza *	Pizza Margherita	Pasta in a Tomato and Basil Sauce or Cheese	Water Melon Yoghurt Fresh Fruit Milk
	Gluten, Milk	Gluten, Milk	Gluten, Milk	
Tuesday	* Lamb Spaghetti Bolognese	Spanish Vegetable Frittata	Jacket Potato with Beans, or Coleslaw	Eve's Pudding (Apple Sponge)
	Gluten	Milk, Egg	Milk, Egg	Gluten, Egg
Wednesday	Roast Chicken Dinner with Mixed Herbs*	Vegetarian Sausage Jambalaya	Pasta in Roasted Vegetable Sauce or Cheese	Fresh Fruit Platter, Yoghurt Cheese & Biscuits
	NONE	Soya	Gluten, Milk	Milk, Gluten
Thursday	Beef Lasagne *	Roasted Vegetable Lasagne	Jacket Potato with Beans or Cheese	Milk Rice Pudding
	Gluten, Milk	Gluten, Milk	Milk	Milk
Friday	Fish Fingers *	Vegetable Chilli Non Carne	GLUTEN FREE AVAILABLE	Strawberry & Vanilla Swirl
	Fish, Gluten	NONE		Milk

## WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken in a Bun *	Sweet Potato, Chick Pea & Spinach Curry	Pasta in a Tomato and Basil Sauce or Cheese	Peach & Pear Pot
	Gluten, Egg, Soya	NONE	Gluten, Milk	NONE
Tuesday	Beef Chilli Con Carne *	Broccoli & Cauliflower Cheese with Sweet Potato Mash	Jacket Potato with Beans or Cheese	Apple & Peach Oatie Crumble
	NONE	Milk, Mustard	Milk	Gluten
Wednesday	Roast BBQ Chicken Dinner *	Pasta in Roasted Vegetable Sauce or Cheese	Asian Noodle Stir Fry With Soy & Honey Salmon	Fresh Fruit, Yoghurt or Cheese & Biscuits
	NONE	Gluten, Milk	Gluten, Egg, Soya, Fish	Gluten, Milk
Thursday	Braised Chicken Sausages in Onion Gravy *	BBQ Red Lentil & Chickpea Wrap	Jacket Potato with Beans or Coleslaw	Pancakes with Fruit Compote
	Gluten, Sulphur Dioxide	Gluten	Milk, Egg	Gluten
Friday	Breaded Baked Fish Fillet *	Vegetarian Shepherd's Pie	GLUTEN FREE AVAILABLE	Carrot Cake
	Fish, Gluten	NONE		Eggs, Gluten

### WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Masala Curry *	Asian Noodle Stir Fry	Pasta in a Tomato and Basil Sauce or Cheese	Fruit Platter or Yoghurt
	NONE	Gluten, Soya, Egg	Gluten, Milk	Milk
Tuesday	Minced Lamb Biryani *	Mac & Cheese	Jacket Potato with Beans or Cheese	Apple Crumble with Custard
	NONE	Gluten, Milk, Mustard	Milk	Gluten, Milk
Wednesday	Roast Chicken with Lemon & Thyme *	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy	Pasta in Roasted Vegetable Sauce or Cheese	Fresh Fruit, Yoghurt or Cheese & Biscuits
	NONE	Gluten, Milk, Egg, Soybean, Sulphur Dioxide	Gluten, Milk	Gluten, Milk
Thursday	Italian Beef Meatballs with Pasta	Nasi-Goreng (Stir-Fried Vegetable Rice)	Jacket Potato with Beans or Cheese	Lemon & Honey Drizzle Slice
	Gluten	Gluten, Soya, Egg	Milk	Eggs, Gluten
Friday	Cod Bites *	Vegetable Samosas with New York Deli Slaw	GLUTEN FREE AVAILABLE	Ice Cream Pot.
	Fish, Gluten	Gluten		Milk