

Whitchurch Primary - Week 2

Fred

-  Cereals Containing Gluten
-  Peanuts
-  Tree Nuts
-  Milk
-  Eggs
-  Crustaceans
-  Fish
-  Celery and Celeriac
-  Soya and Soya Products
-  Sesame Seeds
-  Molluscs
-  Mustard
-  Lupin
-  Sulphites
-  GM Foods
-  Vegetarian
-  Vegan
-  Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	S/F Chicken Katsu Curry Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products May Contain: Modifiers:	Chicken Sausage Hot Dog - Halal Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Sesame Seeds Modifiers:	Roast Chicken - MKG Does Contains: May Contain: Modifiers:	Tuna Pasta Bake Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Milk, Fish May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Fish Stars Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
Vegetarian Meals	Quorn with Katsu Sauce (VG)  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products May Contain: Modifiers:	Cheese Sub  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Carrot Coriander Lentil Loaf (VG)  Does Contains:  Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Macaroni Cheese (KEEP) Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:   Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Farmhouse Omelette  Does Contains:   Milk, Eggs May Contain: Modifiers:
Sides					

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Bread 🌱 Does Contains: 🌾🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌾🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌾🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Baked Beans (VG/GF) 🌱 Does Contains: May Contain: Modifiers:
	50/50 Rice (VG) 🌱 Does Contains: May Contain: Modifiers:	Herby Diced Potatoes 🌱 Does Contains: May Contain: Modifiers:	Peas (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Garlic Bread / Garlic Slice / Garlic Flatbread 🌱 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten May Contain: 🌾🍷🥛 Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products, Milk Modifiers:	Peas (VG) 🌱 Does Contains: May Contain: Modifiers:
	Green Beans (VG) 🌱 Does Contains: May Contain: Modifiers:	Peas (VG) 🌱 Does Contains: May Contain: Modifiers:	Carrots (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌾🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Chips (VG) 🌱 Does Contains: May Contain: Modifiers:
			Gravy (VG) 🌱 Does Contains: May Contain: Modifiers:		Homemade Bread 🌱 Does Contains: 🌾🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
			Roast Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers:		
Third Option	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers: Twisty Pasta with Tomato Sauce (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:	Twisty Pasta with Tomato Sauce (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers: Jacket Potato Baked Beans Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta with Tomato Sauce (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Jacket Potato Baked Beans Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:		Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers: Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers:	
Desserts	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:
	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Strawberry Ice Cream Pot  Does Contains:  Milk May Contain: Modifiers:
	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:
	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:
				Orange & Mandarin Jelly (VG)  Does Contains: May Contain: Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
	Apple & Sultana Flapjack (VG) 🌱 Does Contains: 🌿🧪 Cereal Containing Gluten, Gluten (Oats), Sulphites May Contain: 🌾 Gluten (Barley), Gluten (Wheat) Modifiers:	Tropical Fruit Salad (VG) 🌱 Does Contains: 🧪 Sulphites May Contain: Modifiers:	Secret Brownie 🌱 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🥚 Soya and Soya Products Modifiers:		Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers: