

Whitchurch Primary - Week 3

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	Turkey Korma Curry - Allergy Free Sauce Does Contains: May Contain: Modifiers:	Chicken Burger Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Celery and Celeriac May Contain:  Sesame Seeds Modifiers:	Lamb Bolognese Bake Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Chicken Sausage Toad in the Hole - Halal Does Contains:      Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites, Milk, Eggs May Contain: Modifiers:	Battered Fish Fillet (battered pollock) Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
Vegetarian Meals	Keema Curry & Rice (VG/DF)  Does Contains:    Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain:  Mustard Modifiers:	Vegetable Burger in a Bun (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:    Soya and Soya Products, Mustard, Sesame Seeds Modifiers:	Vegetarian Meatballs in Tomato Sauce (VG) - KEEP  Does Contains:  Soya and Soya Products May Contain: Modifiers:	Vegetarian Sausages (VG/GF/DF)  Does Contains:  Soya and Soya Products May Contain: Modifiers:	Cheese & Onion Roll  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:    Gluten (Barley), Gluten (Oats), Eggs, Mustard 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:	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:	
	50/50 Rice (VG) 🌱 Does Contains: May Contain: Modifiers:	Skin On Potato Wedges - Plain - Jacket wedges (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Penne Pasta (VG) 🌱 Does Contains: 🌿 Gluten (Wheat), Cereal Containing Gluten May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Mashed Potatoes (VG) 🌱 Does Contains: 🧴 Sulphites May Contain: Modifiers:	Baked Beans (VG) 🌱 Does Contains: May Contain: Modifiers:	
	Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Corn on the Cob (VG) 🌱 Does Contains: May Contain: Modifiers:	Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Peas (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Peas (VG) 🌱 Does Contains: May Contain: Modifiers:	
					Carrots (half portion) (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
				Knorr Gravy (VG) Does Contains: May Contain: Modifiers:	
Third Option	Side Salad (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:	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 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:	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:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato Grated Vegan Cheese Topping (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:		Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers: Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs 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 - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (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:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (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:
	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:
	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Tropical Fruit Salad (VG)  Does Contains:  Sulphites May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Chocolate Ice Cream Pot  Does Contains:  Milk May Contain: Modifiers:
	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Orange Oat Cookie 🌿 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Gluten (Oats), Eggs May Contain: 🌿🥚 Gluten (Barley), Soya and Soya Products Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: Lemon Drizzle Cake 🌿 Does Contains: 🌿🍷🥚🧪 Gluten (Wheat), Cereal Containing Gluten, Eggs, Sulphites May Contain: 🥚 Soya and Soya Products Modifiers: Strawberry Mousse 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers:				