

St Francis of Assisi Primary - Week 1

Fred

Cereals Containing Gluten

Peanuts

Tree Nuts

Milk

Eggs

Crustaceans

Fish

C Celery and Celeriac

Soya and Soya Products

S Sesame Seeds

Molluscs

Mustard

L Lupin

Sulphites

GM Foods

Vegetarian

Vegan

Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Pepperoni Pizza - Rectangle Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Beef Lasagne Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Eggs, Soya and Soya Products, Mustard Modifiers:	Toad in The Hole - Sausage & Yorkshire Pudding Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites, Eggs, Milk May Contain: Modifiers:	Chicken Tikka Masala Curry - Allergy Free Does Contains: May Contain: Modifiers:	Fish Fingers KS1 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
	Pepperoni Pizza Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:				Minced Cod Fish Finger KS2 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

[illegible]

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Cheese & Tomato Pizza - Rectangle 🌱 Does Contains: 🌿 🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers: Cheese & Tomato Pizza 🌱 Does Contains: 🌿 🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Vegetarian Lasagne 🌱 Does Contains: 🌿 🥛 🥚 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 🥛 Eggs, Mustard Modifiers:	Vegan Sausage Toad in The Hole - Sausage & Yorkshire Pudding 🌱 Does Contains: 🌿 🥛 🥚 🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Eggs, Milk May Contain: Modifiers:	Quorn Tikka Masala Curry - Allergy Free Sauce 🌱 Does Contains: May Contain: 🥛 Mustard Modifiers:	Cheese & Tomato Quiche 🌱 Does Contains: 🌿 🥛 🥚 Gluten (Wheat), Cereal Containing Gluten, Milk, Eggs May Contain: 🥚 Soya and Soya Products Modifiers:
Sides	Corn on the Cob (VG) 🌱 Does Contains: May Contain: Modifiers: Skin On Spicy Potato Wedges (VG) 🌱 Does Contains: May Contain: Modifiers:	Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Gravy (VG) 🌱 Does Contains: May Contain: Modifiers: Peas (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:	Homemade Bread 🌱 Does Contains: 🌿 🥛 🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:	Warm Wholemeal Baguette / Crusty Bread (VG)  Does Contains:  Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain:  Sesame Seeds 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: Mashed Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers: Carrots (half portion) (VG/GF)  Does Contains: May Contain: Modifiers:	50/50 Rice (VG)  Does Contains: May Contain: Modifiers: Green Beans (VG)  Does Contains: May Contain: Modifiers:	Chips (VG)  Does Contains: May Contain: Modifiers: Peas (VG)  Does Contains: May Contain: Modifiers: Baked Beans (VG/GF)  Does Contains: May Contain: Modifiers:
Third Option	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato (VG)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	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) 🌱 Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains: 🐟🥚 Fish, Eggs May Contain: Modifiers: Jacket Potato Grated Cheese Topping 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Jacket Potato Baked Beans Topping (VG) 🌱 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: Ham Baguette Does Contains: 🌿 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten May Contain: 🌾🥛 Gluten (Oats), Milk Modifiers: Tuna Mayo Baguette Does Contains: 🌿🐟🥚 Gluten (Wheat), Cereal Containing Gluten, Fish, Eggs May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: 🐟🥚 Fish, Eggs 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 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:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Jacket Potato Grated Cheese Topping (VG) 🌱 Does Contains: May Contain: Modifiers: Ham Baguette Does Contains: 🍷 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten May Contain: 🌾🥛 Gluten (Oats), Milk Modifiers: Cheese Baguette 🌱 Does Contains: 🍷🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:	Cheese Baguette 🌱 Does Contains: 🍷🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:	Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers: Ham Baguette Does Contains: 🍷 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten May Contain: 🌾🥛 Gluten (Oats), Milk Modifiers: Cheese Baguette 🌱 Does Contains: 🍷🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
		Tuna Mayo Baguette Does Contains: 🌿🐟🥚 Gluten (Wheat), Cereal Containing Gluten, Fish, Eggs May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:		Tuna Mayo Baguette Does Contains: 🌿🐟🥚 Gluten (Wheat), Cereal Containing Gluten, Fish, Eggs May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	
Desserts	Yogurt (Mullerlight) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Banana (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit Salad (VG) 🌿 Does Contains: 🍷 Sulphites May Contain: Modifiers:	Yogurt (Mullerlight) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: 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 - Apple (VG) 🌿 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌿 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (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:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Carrot Cake  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain:  Soya and Soya Products Modifiers:	Raspberry & Peach Jelly (VG)  Does Contains: May Contain: Modifiers:	Vanilla Ice Cream (VG/DF)  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 - Banana (VG)  Does Contains: May Contain: Modifiers:	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 - Grapes (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:				