

St Francis of Assisi Primary - Week 3

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	Hunters Chicken Does Contains:   Milk, Mustard May Contain: Modifiers:	Brunch Lunch - Tomato (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Hash Brown (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Baked Beans (VG)  Does Contains: May Contain: Modifiers:	Roast Gammon Does Contains: May Contain: Modifiers:	Beef Bolognese Does Contains: May Contain: Modifiers:	Fish Fingers KS1 Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers: Minced Cod Fish Finger KS2 Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers: Minced Cod Fish Finger KS1 Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Brunch Lunch - Bacon Does Contains: May Contain: Modifiers: Brunch Lunch - Sausage Does Contains: 🌿🐟🧪 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain: Modifiers:			Fish Fingers KS2 Does Contains: 🌿🐟 Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
Vegetarian Meals	BBQ Quorn Cheesy Melt 🌿 Does Contains: 🌿🥛🧄 Gluten (Wheat), Cereal Containing Gluten, Mustard, Milk May Contain: Modifiers:	Brunch Lunch - Tomato (VG) 🌿 Does Contains: May Contain: Modifiers: Brunch Lunch - Baked Beans (VG) 🌿 Does Contains: May Contain: Modifiers:	Roasted Falafel 🌿 Does Contains: 🌿 Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Lentil & Vegetable Bolognese 🌿 Does Contains: May Contain: Modifiers:	Cheese & Sweetcorn Puff 🌿 Does Contains: 🌿🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🧄L🥛 Soya and Soya Products, Lupin, Mustard Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Brunch Lunch - Hash Brown (VG)  Does Contains: May Contain: Modifiers: Brunch Lunch - Cheese Omelette  Does Contains:   Milk, Eggs May Contain: Modifiers: Brunch Lunch - Vegetarian Sausage (VG)  Does Contains:  Soya and Soya Products May Contain: Modifiers:			
Sides	Sweetcorn (half portion) (VG)  Does Contains: May Contain: Modifiers:		Knorr Gravy (VG)  Does Contains: May Contain: Modifiers:	Green Beans (VG)  Does Contains: May Contain: Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
	Peas (half portion) (VG)  Does Contains: May Contain: Modifiers: 50/50 Rice (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:	New Potatoes (VG)  Does Contains: May Contain: Modifiers: Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers: Peas (half portion) (VG)  Does Contains: May Contain: Modifiers: Carrots (half portion) (VG/GF)  Does Contains: May Contain: Modifiers:	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers: Penne Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) 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: Baked Beans (VG/GF)  Does Contains: May Contain: Modifiers: Peas (VG)  Does Contains: May Contain: Modifiers:
Third Option					

	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/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato (VG)  Does Contains: May Contain: Modifiers: Side Salad (VG)  Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains:   May Contain: Modifiers: Jacket Potato Grated Cheese Topping  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: Ham Baguette Does Contains:  Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten May Contain:   Gluten (Oats), Milk Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers: Jacket Potato Tuna Mayo Topping Does Contains:   May Contain: Modifiers: Jacket Potato Grated Cheese Topping  Does Contains:  May Contain: Modifiers: Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers:	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:

	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: Cheese Baguette 🌿 Does Contains: 🌿🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:		Tuna Mayo Baguette Does Contains: 🌿🐟🥚 Gluten (Wheat), Cereal Containing Gluten, Fish, Eggs May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Cheese Baguette 🌿 Does Contains: 🌿🥛 Gluten (Barley), Gluten (Wheat), Gluten (Rye), Cereal Containing Gluten, Milk May Contain: 🌾 Gluten (Oats) Modifiers:	
Desserts	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:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:
	Orange Oat Cookie  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Gluten (Oats), Eggs May Contain:   Gluten (Barley), Soya and Soya Products Modifiers:	Fruit Salad (VG)  Does Contains:  Sulphites 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 - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Secret Brownie  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain:  Soya and Soya Products Modifiers:	Pear & Raspberry Crumble (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Soya and Soya Products Modifiers:	Raspberry Ripple Ice Cream  Does Contains:  Milk May Contain: Modifiers:
	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Custard  Does Contains:  Milk May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Grapes (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 - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers: