

The Good Shepherd & St Mary Primary - Week 2

Danielle

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	Pork Meatballs in Tomato Sauce Does Contains: Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain: Modifiers:	Cajun Sunshine Chicken Pasta Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	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:	Chinese Chicken Curry (DF) Does Contains: Gluten (Wheat), Cereal Containing Gluten, Mustard May Contain: Modifiers:	Battered Fish Fillet (battered pollock) Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Vegetarian Meatballs in Tomato Sauce (VG) - KEEP 🌱 Does Contains: 🍅 Soya and Soya Products May Contain: Modifiers:	Broccoli & Cream Cheese Pasta 🌱 Does Contains: 🌿 🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🌿 🍷 Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Brunch Lunch - Vegetarian Sausage (VG) 🌱 Does Contains: 🍅 Soya and Soya Products May Contain: Modifiers: Brunch Lunch - Cheese Omelette 🌱 Does Contains: 🍷 🍅 Milk, Eggs May Contain: Modifiers:	Chinese Quorn Curry (VG) 🌱 Does Contains: 🌿 🍷 Gluten (Wheat), Cereal Containing Gluten, Mustard May Contain: Modifiers:	Cheese & Bean Turnover 🌱 Does Contains: 🌿 🍷 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🍷 L 🍷 Soya and Soya Products, Lupin, Mustard Modifiers:
Sides	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:	Homemade Bread 🌱 Does Contains: 🌿 🍷 🍷 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍷 Eggs Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Sweetcorn (VG)  Does Contains: May Contain: Modifiers:	Broccoli (VG/GF)  Does Contains: May Contain: Modifiers:	Brunch Lunch - Hash Brown (VG)  Does Contains: May Contain: Modifiers:	50/50 Rice (VG)  Does Contains: May Contain: Modifiers:	Chips (VG)  Does Contains: May Contain: Modifiers:
	50/50 Rice (VG)  Does Contains: May Contain: Modifiers:	Warm Wholemeal Baguette / Crusty Bread (VG)  Does Contains:  Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain:  Sesame Seeds Modifiers:	Brunch Lunch - Baked Beans (VG)  Does Contains: May Contain: Modifiers:	Peas (VG)  Does Contains: May Contain: Modifiers:	Peas (VG)  Does Contains: May Contain: Modifiers:
Third Option	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta (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:	Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) 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 (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers:	Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers:
		Jacket Potato Grated Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers:
		Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers:
			Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Desserts	Raspberry Oat Slice (VG) 🌱 Does Contains: 🍷 Gluten (Wheat), Cereal Containing Gluten, Gluten (Oats) May Contain: 🌾🥚 Gluten (Barley), Soya and Soya Products Modifiers: Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Orange & Mandarin Jelly (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers: Fruit - Banana (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 - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit Salad (VG) 🌱 Does Contains: ⚠️ Sulphites 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:	Strawberry Ice Cream Sundae Does Contains: 🧴 Milk May Contain: Modifiers: Vanilla Ice Cream Sundae Does Contains: 🧴 Milk May Contain: Modifiers: Chocolate & Banana Vanilla Ice Cream Sundae 🌱 Does Contains: 🍷🧴 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🥫 Mustard Modifiers: Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG) 🌿 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌿 Does Contains: 🚫 Milk May Contain: Modifiers:	Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG) 🌿 Does Contains: May Contain: Modifiers:
	Yogurt (Mullerlight) 🌿 Does Contains: 🚫 Milk May Contain: Modifiers:	Yogurt (Mullerlight) 🌿 Does Contains: 🚫 Milk May Contain: Modifiers:	Tropical Sponge 🌿 Does Contains: 🌿🚫 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🌿🚫🧪 Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products, Sulphites 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:
					Yogurt (Mullerlight) 🌿 Does Contains: 🚫 Milk May Contain: Modifiers: