



**ST. PETER'S
PRIMARY
SCHOOL**
EVERYONE COUNTS

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

Gluten

Crustaceans

Fish

Mustard

Milk

Peanut

Soya

Celery

Egg

Lupin

Nut

Molluscs

Sesame

Sulphites

Please find below the allergens for our main meals and puddings.

The yoghurt that we provide as an option each day for our puddings contains **Milk**

***** Halal Suitable Dishes



WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Masala Curry * NONE	Cheese, Tomato & Spinach Pin Wheel Gluten, Milk	Pasta in a Tomato and Basil Sauce or Cheese Gluten, Milk	Apple Pie with Custard Gluten, Milk
Tuesday	Chicken Meatballs with Spaghetti in Tomato Sauce * Gluten, Celery, Soya	Vegetarian Shepherd's Pie NONE	Jacket Potato with Beans or Tuna Fish, Egg	Fresh Fruit Platter NONE
Wednesday	Roast BBQ Chicken Dinner * NONE	Vegetarian Sausage Jambalaya Soya	Pasta in Roasted Vegetable Sauce or Cheese Gluten, Milk	Yoghurt or Cheese & Biscuits Milk, Gluten
Thursday	Beef Lasagne * Gluten, Milk	Vegetable Lasagne Gluten, Milk	Jacket Potato with Beans or Cheese Milk	Pancakes with Fruit Compote Gluten, Egg, Milk
Friday	Cod Bites * Fish, Gluten	Vegetarian Chilli Con Carne NONE	GLUTEN FREE AVAILABLE	Carrot Cake Gluten, Egg

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken in a Bun * Gluten, Egg, Soya	Cheese & Tomato Flan Gluten, Egg, Milk	Pasta in a Tomato and Basil Sauce or Cheese Gluten, Milk	Fruit Platter or Yoghurt Milk
Tuesday	Lamb Spaghetti Bolognese * Gluten	Asian Noodle Stir Fry Gluten, Soya, Egg	Jacket Potato with Beans or Cheese Milk	Apple & Peach Oatie Crumble Gluten
Wednesday	Roast Paprika Chicken Dinner* NONE	Pasta in Roasted Vegetable Sauce or Cheese Gluten, Milk	Asian Noodle Stir Fry With Soy & Honey Salmon Gluten, Egg, Soya, Fish	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Beef Chilli Con Carne * NONE	Spanish Vegetable Frittata with Cherry Tomatoes Milk, Egg	Jacket Potato with Cheese or Coleslaw Milk, Egg	Eve's Pudding Eggs, Gluten
Friday	Fish Fingers * Fish, Gluten	Vegetable Samosa with New York Deli Slaw Gluten	GLUTEN FREE AVAILABLE	Ice Cream Pot Milk



WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Biriyani * With side salad option NONE	Mac & Cheese Gluten, Milk, Mustard	Pasta in a Tomato and Basil Sauce or Cheese Gluten, Milk	Fruit Platter or Yoghurt Milk
Tuesday	Minced Lamb Hotpot NONE	Sweet Potato, Chickpea and Spinach Curry * (VG) NONE	Jacket Potato with Beans or Cheese Milk	Apple Crumble with Custard Gluten, Milk
Wednesday	Roast Chicken Dinner * NONE	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy Gluten, Milk, Egg, Soybean, Sulphur Dioxide	Pasta in Roasted Vegetable Sauce or Cheese Gluten, Milk	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Braised Chicken Sausages in Onion Gravy * Gluten, Sulphur Dioxide	Nasi-Goreng (NO EGGS) (Stir-Fried Vegetable Rice) (VG) Gluten, Soya	Jacket Potato with Beans or Cheese Milk	Lemon Drizzle Slice Eggs, Gluten
Friday	Breaded Baked Fish Fillet * Fish, Gluten	Broccoli & Cauliflower Cheese with Sweet Potato Mash Milk, Mustard	GLUTEN FREE AVAILABLE	Peach & Pear Pot NONE

