



**PARK HILL
JUNIOR
SCHOOL**

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

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken in a Bun * Gluten, Egg, Soya	Vegetable Samosas with New York Deli Slaw Gluten	Jacket Potato with Beans or Cheese Milk	Fresh Fruit Platter or Yoghurt Milk
Tuesday	Lamb Spaghetti Bolognese * Gluten	Asian Noodle Stir Fry Gluten, Soya, Egg	Pasta in a Tomato and Basil Sauce Gluten	Apple & Peach Oatie Crumble Gluten
Wednesday	Roast Paprika Chicken Dinner* NONE	Jacket Potato with Cheese or Coleslaw Milk, Egg	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	Pasta in Roasted Vegetable Sauce Gluten	Eve's Pudding Eggs, Gluten
Friday	Fish Fingers * Fish, Gluten	Cheese & Tomato Flan Gluten, Egg, Milk	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 Gluten	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 Gluten
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 Gluten	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

