



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

Summer 22 Menu

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

(VG) Vegan Option

WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Burger in a Bun * Gluten, Milk	Baked Vegetable Samosa Gluten	Pasta in a Tomato & Basil Sauce (VG) Gluten Free Pasta Available Gluten	Apple & Mixed Fruit Oatie Crumble with Custard Gluten, Milk
Tuesday	Beef Lasagne * Gluten, Milk	Roasted Vegetable Lasagne Gluten, Milk	Jacket Potato with Cheese or Beans Milk	Apple Pie with Custard Gluten, Egg, Milk
Wednesday	Roast BBQ Chicken Dinner * None	Roasted Vegetable Wrap Gluten, Milk	Pasta in a Roasted Vegetable Sauce (VG) Gluten	Fresh Fruit Platter, Yoghurt Cheese & Biscuits Milk, Gluten
Thursday	Lamb Pasta Bolognese * Gluten	Spaghetti In a Tomato & Basil Sauce (VG) Gluten	Jacket Potato with Beans or Tuna Mayonnaise Egg, Fish	Carrot Cake with Custard Milk, Egg, Gluten
Friday	Fish Fingers * Fish, Gluten	Vegetarian Sausage Roll (VG) Gluten	GLUTEN FREE OPTION AVAILABLE	Ind Strawberry & Vanilla swirl Mousse Milk

There is always a gluten free option available on request

(VG) Vegan Option

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Tuna & Sweetcorn Pizza * Gluten, Milk	Cheese & Tomato Pizza Gluten, Milk	Pasta in a Tomato and Basil Sauce (VG) GF Pasta Available Gluten	Fresh fruit Platter or Yoghurt Milk
Tuesday	Minced Beef & vegetable Hotpot * None	Mac & Cheese Gluten, Milk, Mustard	Jacket Potato with Beans (VG) None	Apple Cake with Custard Gluten, Milk, Egg
Wednesday	Roast Paprika Chicken Dinner * None	Stir Fried Rice with Vegetables (Nasi Goreng-No Eggs) (VG) Gluten, Soya	Pasta in a Roasted Vegetable Sauce (VG) Gluten	Fresh Fruit, Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Sweet Chilli Chicken Stir Fry with Noodles & Vegetables * Gluten, Eggs	BBQ Mixed Vegetable with Lentils & Chickpeas in a Mini Naan Bread (VG) Gluten, Milk	Jacket Potato with Tuna Mayonnaise or Beans Fish, Eggs	Pancake with Fruit Compote Eggs, Gluten, Milk
Friday	Breaded Baked Fish Fillet * Fish, Gluten	Chilli Non Carne with Rice (VG) None	GLUTEN FREE OPTION AVAILABLE	Ice Cream Pot Milk

There is always a gluten free option available on request

(VG) Vegan Option

WEEK THREE



	Red Option	Green Option	Option	Dessert
Monday	Braised Chicken & Beef Sausages with onion Gravy * Gluten, Soya, Sulphur Dioxide	Broccoli & Cauliflower Cheese with Sweet Potato Mash Topping Milk, Mustard	Pasta in a Tomato Sauce (VG) Gluten	Reduced Sugar Fruit Crumble with Custard Gluten, Milk
Tuesday	Beef Cottage Pie * None	Spaghetti in a Tomato Sauce (VG) Gluten	Jacket Potato with Beans or Cheese Milk	Blueberry Muffin with Custard Gluten, Milk, Egg
Wednesday	Roast Chicken Dinner * None	Vegetable & Lentil Cottage Pie (VG) None	Pasta in a Roasted Vegetable & Tomato Sauce (VG) Gluten	Fresh Fruit, Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Minced Beef & Vegetable Pie * Gluten, Milk	Vegetable Stir Fry with noodles None	Jacket Potato with Tuna Mayonnaise or Beans Fish, Eggs	Honey & Lemon Drizzle Cake (Custard Optional) Eggs, Gluten, Milk
Friday	Fish Fingers * Fish, Gluten	Tomato, Spinach & Cheese Pinwheel Gluten, Milk	GLUTEN FREE OPTION AVAILABLE	Peach & Pear Fruit Pots None

There is always a gluten free option available on request

(VG) Vegan Option

