



**PARK HILL
JUNIOR
SCHOOL**

SPRING 2024

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**

If a dessert is served with custard, it will contain **Milk**

The fillings for the Jacket Potato option contain the following Allergens:

- Cheese (**Milk**)
- Tuna Mayonnaise (**Fish, Egg**)
- Coleslaw (**Egg**)
- Baked Beans (**NONE**)

***** Halal Suitable Dishes

(VG) Vegan Option

WEEK ONE

	Red Option	Green Option	Option	Dessert
Monday	Chicken Masala Curry * NONE	Pasta in a Tomato and Basil Sauce (VG) Gluten	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Fresh Fruit Platter or Yoghurt Milk
Tuesday	Lamb Lasagne * Gluten, Milk	Asian Noodle Stir Fry Gluten, Soya, Egg	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Apple Pie with Custard Gluten, Milk, Egg
Wednesday	Roast BBQ Chicken Dinner * NONE	Pasta with Grated Courgette & Nut Free Pesto Gluten, Milk	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Yoghurt or Cheese & Biscuits Milk, Gluten
Thursday	Lamb Chilli Con Carne * NONE	Vegetable Lasagne Gluten, Milk	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Pancakes with Fruit Compote Gluten, Egg, Milk
Friday	Fish Fingers * Fish, Gluten	Cheese, Tomato & Spinach Pin Wheel Gluten, Milk	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot Milk

WEEK TWO

	Red Option	Green Option	Option	Dessert
Monday	Chicken in a Bun * Gluten, Egg, Soya	Spicy Bean Burger with Potato Wedges (VG) Gluten	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Fruit Platter or Yoghurt Milk
Tuesday	Lamb Spaghetti Bolognese * Gluten	Pasta in Roasted Vegetable Sauce (VG) Gluten	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Apple & Peach Oatie Crumble with Custard Gluten, Milk, Egg
Wednesday	Roast Paprika Chicken Dinner * NONE	Vegetarian Sausages in a Yorkshire Pudding with Onion Gravy Gluten, Milk, Egg, Soybean, Sulphur Dioxide, Celery	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Chicken Biryani * With side salad option NONE	Mac & Cheese Gluten, Milk, Mustard	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Carrot Cake with Custard Gluten, Milk, Egg
Friday	Fish Fingers * Fish, Gluten, Soya	Vegetable Sausage Roll (VG) Celery, Eggs, Gluten, Milk, Mustard	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot Milk

WEEK THREE

	Red Option	Green Option	Option	Dessert
Monday	BBQ Chicken Pizza * Gluten, Milk	Cheese & Tomato Pizza Gluten, Milk	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Fruit Platter or Yoghurt Milk
Tuesday	Lamb Hotpot * NONE	Vegan Spaghetti Bolognese (VG) Gluten	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Apple Crumble with Custard Gluten, Milk, Egg
Wednesday	Roast Chicken Dinner * NONE	Pasta in Roasted Vegetable Sauce (VG) Gluten	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Yoghurt or Cheese & Biscuits Gluten, Milk
Thursday	Braised Chicken & Beef Sausages in Onion Gravy * Gluten, Sulphur Dioxide, Soya	Vegetarian Sausages in Onion Gravy Gluten, Soya, Celery	Jacket Potato with Beans, Cheese or Tuna See allergen advice on the first page	Lemon Drizzle Cake Gluten, Egg
Friday	Fish Fingers * Fish, Gluten, Soya	Vegetable and Bean Burrito (VG) Gluten	GLUTEN FREE OPTION AVAILABLE ON REQUEST	Ice Cream Pot Milk

