

The Good Shepherd & St Mary Primary - Week 1

Danielle

 Cereals Containing Gluten

 Peanuts

 Tree Nuts

 Milk

 Eggs

 Crustaceans

 Fish

C Celery and Celeriac

 Soya and Soya Products

S Sesame Seeds

 Molluscs

 Mustard

L Lupin

 Sulphites

 GM Foods

 Vegetarian

 Vegan

 Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Macaroni Cheese Topped with Crispy Bacon Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:   Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Pepperoni Pizza - Rectangle Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Pork Sausages Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain: Modifiers:	Smoky Beef & Bean Taco Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Fish Stars Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Macaroni Cheese (KEEP) Does Contains: 🌾🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🌾🥚 Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Cheese & Tomato Pizza - Rectangle 🌿 Does Contains: 🌾🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Vegetarian Sausages (VG/GF/DF) 🌿 Does Contains: 🥚 Soya and Soya Products May Contain: Modifiers:	Smoky Vegan Bean Taco 🌿 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten, Gluten (Barley) May Contain: Modifiers:	Vegetable Nuggets KS1 (VG) 🌿 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers: Vegetable Nuggets KS2 (VG) 🌿 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:
Sides	Garlic Bread / Garlic Slice / Garlic Flatbread 🌿 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten May Contain: 🌾🥚🥛 Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products, Milk 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
	Broccoli (VG/GF)  Does Contains: May Contain: Modifiers: Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:	Sweetcorn (VG)  Does Contains: May Contain: Modifiers: Skin On Spicy Potato Wedges (VG)  Does Contains: May Contain: Modifiers:	Mashed Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers: Carrot Batons (half portion) (VG/GF)  Does Contains: May Contain: Modifiers: Green Beans (half portion) (VG)  Does Contains: May Contain: Modifiers: Knorr Gravy (VG)  Does Contains: May Contain: Modifiers:	Vegetable Rice (VG)  Does Contains: May Contain: Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Chips (VG)  Does Contains: May Contain: Modifiers: Baked Beans (VG)  Does Contains: May Contain: Modifiers:
Third Option					

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato (VG/GF/DF) 🌱 Does Contains: May Contain: 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:	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:	Twisty Pasta Topping - Tomato Sauce (VG/GF) 🌱 Does Contains: 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:
	Side Salad (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 Topping - Tomato Sauce (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) 🌱 Does Contains:🥛Milk May Contain: Modifiers:
		Jacket Potato (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:

	Monday	Tuesday	Wednesday	Thursday	Friday
		Jacket Potato Grated Vegan Cheese Topping (VG/GF/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:
Desserts	Banana & Honey Flapjacks  Does Contains:   Cereal Containing Gluten, Gluten (Oats), Sulphites May Contain:  Gluten (Barley), Gluten (Wheat) Modifiers: Fruit - Apple (VG)  Does Contains: May Contain: Modifiers: Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Chocolate Sauce  Does Contains:  Milk May Contain: Modifiers: Chocolate Brownie  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain:  Soya and Soya Products Modifiers: Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Raspberry Jelly with Strawberries  Does Contains: May Contain: Modifiers: Fruit - Apple (VG)  Does Contains: May Contain: Modifiers: Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Orange Shortbread (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Soya and Soya Products Modifiers: Fruit - Apple (VG)  Does Contains: May Contain: Modifiers: Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Strawberry 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:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Vanilla Ice Cream Sundae Does Contains:  Milk May Contain: Modifiers:
	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:
	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers: Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:
					Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
					Fruit - Orange (VG) Does Contains: May Contain: Modifiers: Yogurt (Mullerlight) Does Contains:  Milk May Contain: Modifiers: