Inverclyde Primary School Allergen Information Lunch Menu 2021-2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry	Quorn Burrito wrap	Bolognaise sauce	Sausages	Sweet chilli chicken
(D = -1)	Contains:	Contains:	Contains:	Contain:	Contains: None of the 14 Allergens
(Red)	Wheat, Gluten, Celery,	Wheat, Gluten, Egg, Milk	Sulphites	Wheat, Gluten, Sulphites	
	Mustard, Sulphites		<u>Spaghetti</u>	Mash Potato	savoury rice Contains:
	Rice		Contains:	Contains:	
	Contains: None of the 14 Allergens		Wheat, Gluten	None of the 14 Allergens	Celery, Mustard, Sulphites
Option 2	Quorn Dippers	Homemade cheese and	Fish fingers	Macaroni Cheese	Breaded Haddock
	Contain:	tomato pizza	Contain:	Contains:	Contain:
(Blue)	Wheat, Gluten, Egg, Milk	Contains:	Wheat, Gluten, Fish	Wheat, Gluten,	Wheat, Gluten, Fish
	<u>Mash Potato</u>	Wheat, Gluten,	Mash Potato	Milk	<u>Chips</u>
	Contains:	Milk	Contains:		May Contain:
	None of the 14 Allergens		None of the 14 Allergens		Wheat, Gluten, Fish
Option 3	Tuna Mayo Sandwich	Chicken Sandwich	Cheese Sandwich	Chicken Sandwich	Egg Mayo Sandwich
	Contains:	Contains:	Contains:	Contains:	Contains:
(Yellow)	Wheat, Gluten,	Wheat, Gluten,	Wheat, Gluten,	Wheat, Gluten, Soyabeans	Wheat, Gluten, Soyabeans,
	Soybeans,	Soyabeans	Soyabeans, Milk		Egg
	Egg, Fish				
Option 4	Baked Potato with	Baked Potato with Cheese	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Cheese
(Green)	<u>Cheese</u>	Contains:	<u>Mayo</u>	<u>Mayo</u>	<u>(v)</u>
	Contains:	Milk	Contains:	Contains:	Contains:
	Milk		Egg, Fish	Egg, Fish	Milk
Desserts	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	Fruit cocktail
	Contains:	Contains:	Contains:	Contains:	Contains:
	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens
		Sponge cake	Strawberry Yoghurt	<u>Vanilla Ice cream</u>	
		Wheat, Gluten, Milk, Egg	Contains:	Contains:	
			Milk	Milk	

Inverclyde Primary School Allergen Information Lunch Menu 2021-2022

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Turkey meatballs in	Beef Burger and roll	Chicken Curry	Steak pie	BBQ chicken
	tomato sauce	Contains:	Contains:	Wheat, Gluten, celery,	Contains:
(Red)	Contains:	Wheat, Gluten	Wheat, Gluten, Celery,	sulphites	Barley, Gluten
	None of the 14 food	<u>Potato Wedges</u>	Mustard, Sulphites	Contains:	<u>savoury rice</u>
	Allergens	Contain:	<u>Rice</u>	<u>Mash Potato</u>	Contains:
	<u>Pasta</u>	None of the 14 food	Contains:	Contains:	Celery, Mustard, Sulphites
	Contains:	Allergens	None of the 14 food Allergens	None of the 14 Allergens	
	Wheat, Gluten				
Option 2	Homemade cheese and	<u>Macaroni Cheese</u>	Tomato and basil pasta	Salmon & cod fish cake	<u>Breaded Haddock</u>
	<u>tomato pizza</u>	Contains:	Contains:	Contains:	Contain:
(Blue)	Contains:	Wheat, Gluten,	Wheat, Gluten	Gluten, Fish and Wheat	Wheat, Gluten, Fish
	Wheat, Gluten,	Milk	Garlic bread	<u>Mash Potato</u>	<u>Chips</u>
	Milk		Contains:	Contains:	May Contain:
			Wheat, Gluten, Milk	None of the 14 Allergens	Wheat, Gluten, Fish
Option 3	Tuna Mayo Sandwich	Chicken Sandwich	Cheese Sandwich (v)	<u>Chicken Sandwich</u>	Egg Mayo Sandwich (v)
	Contains:	Contains:	Contains:	Contains:	Contains:
(Yellow)	Wheat, Gluten,	Wheat, Gluten, Soyabeans	Wheat, Gluten, Soyabeans,	Wheat, Gluten, Soyabeans	Wheat, Gluten, Soyabeans,
	Soyabeans,		Milk		Egg
	Egg, Fish				
Option 4	Baked Potato with	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Cheese	Baked Potato with Cheese
(Green)	Cheese (v)	Mayo (F)	Mayo (F)	(v)	<u>(v)</u>
	Contains:	Contains:	Contains:	Contains:	Contains:
	Milk	Egg, Fish	Egg, Fish	Milk	Milk
Desserts	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	Fruit Cocktail
	Contains:	Contains:	Contains:	Contains:	Contains:
	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens
		<u>Carrot cake</u>	Strawberry Yoghurt	Chocolate ice cream	
		Wheat, Gluten, Egg	Contains:	Contains:	
			Milk	Milk	

Inverclyde Primary School Allergen Information Lunch Menu 2021-2022

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken burger and roll	Quorn Curry	<u>Mince</u>	<u>Sausages</u>	Roast Turkey with gravy
	Contain:	Contains:	Contains:	Contain:	Contains:
(Red)	Wheat, Gluten	Wheat, Gluten, Egg, Celery,	None of the 14 food	Wheat, Gluten, Sulphites	None of the 14 food
	Potato Wedges	Mustard, Sulphites	Allergens	<u>Mash Potato</u>	Allergens
	Contain:	<u>Rice</u>	<u>Mash Potato</u>	Contains:	<u>Mash Potato</u>
	None of the 14 food	Contains:	Contains:	None of the 14 Allergens	Contains:
	Allergens	None of the 14 food Allergens	None of the 14 food		None of the 14 food
			Allergens		Allergens
Option 2	Tomato and basil pasta	Homemade cheese and	Fish fingers	Quorn Burrito wrap	Breaded Haddock
	Contains:	tomato pizza	Contain:	Contains:	Contain:
(Blue)	Wheat, Gluten	Contains:	Wheat, Gluten, Fish	Wheat, Gluten, Egg, Milk	Wheat, Gluten, Fish
	Garlic bread	Wheat, Gluten,	<u>Mash Potato</u>		<u>Chips</u>
	Contains:	Milk	Contains:		May Contain:
	Wheat, Gluten, Milk		None of the 14 Allergens		Wheat, Gluten, Fish
Option 3	Tuna Mayo Sandwich	Chicken Sandwich	Cheese Sandwich (v)	Chicken Sandwich	Egg Mayo Sandwich (v)
	Contains:	Contains:	Contains:	Contains:	Contains:
(Yellow)	Wheat, Gluten,	Wheat, Gluten, Soyabeans	Wheat, Gluten, Soyabeans,	Wheat, Gluten, Soyabeans	Wheat, Gluten,
	Soyabeans,		Milk		Soyabeans, Egg
	Egg, Fish				
Option 4	Baked Potato with	Baked Potato with Tuna	Baked Potato with Tuna	Baked Potato with Cheese	Baked Potato with Cheese
(Green)	Cheese (v)	<u>Mayo</u>	<u>Mayo</u>	<u>(v)</u>	<u>(v)</u>
	Contains:	Contains:	Contains:	Contains:	Contains:
	Milk	Egg, Fish	Egg, Fish	Milk	Milk
Desserts	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	Fruit Cocktail
	Contains:	Contains:	Contains:	Contains:	Contains:
	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens	None of the 14 Allergens
		<u>Sponge cake</u>	Strawberry Yoghurt	Strawberry Ice cream	
		Wheat, Gluten, Milk, Egg	Contains:	Contains:	
			Milk	Milk	