

## Inverclyde Primary School Allergen Information Lunch Menu 2021-2022

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

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

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