

Inverclyde Nursery 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>
Starter/ Desserts	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Strawberry Yoghurt</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Vanilla Ice cream</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit cocktail</u> <b>Contains:</b> None of the 14 Allergens
Option 1  (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>Macaroni Cheese</u> <b>Contains:</b> Wheat, Gluten, Milk	<u>Bolognaise sauce</u> <b>Contains:</b> Sulphites <u>Spaghetti</u> <b>Contains:</b> Wheat, Gluten	<u>Tomato and basil pasta</u> <b>Contains:</b> Wheat, Gluten <u>Garlic bread</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
Option 2  (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>Cheese Sandwich(v)</u> <b>Contains:</b> Wheat, Gluten, Soyabeans, Milk

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<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Desserts	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Strawberry Yoghurt</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Chocolate Ice cream</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b>  <u>Fruit cocktail</u> <b>Contains:</b> None of the 14 Allergens
Option 1 (Red)	<u>Turkey meatballs in tomato sauce</u> <b>Contains:</b> None of the 14 Allergens <u>Pasta</u> <b>Contains:</b> Wheat, Gluten	<u>Macaroni Cheese</u> <b>Contains:</b> Wheat, Gluten, Milk	<u>Quorn Dippers</u> <b>Contain:</b> Wheat, Gluten, Egg, Milk <u>Mash Potato</u> <b>Contains:</b> None of the 14 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>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
Option 2 (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>Cheese Sandwich (v)</u> <b>Contains:</b> Wheat, Gluten, Soyabeans, Milk

## Inverclyde Nursery Allergen Information Lunch Menu 2021-2022

<u>Week 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Soup/ Desserts	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Strawberry Yoghurt</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b> <u>Fruit</u> <b>Contains:</b> None of the 14 Allergens	<u>Fruit</u> <b>Contains:</b> None of the 14 Allergens <u>Strawberry Ice cream</u> <b>Contains:</b> Milk	<u>Soup</u> <b>See seperate list of soups</b>  <u>Fruit cocktail</u> <b>Contains:</b> None of the 14 Allergens
Option 1  (Red)	<u>Tomato and basil pasta</u> <b>Contains:</b> Wheat, Gluten <u>Garlic bread</u> <b>Contains:</b> Wheat, Gluten, Milk	<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>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>Fish fingers</u> <b>Contain:</b> Wheat, Gluten, Fish <u>Mash Potato</u> <b>Contains:</b> None of the 14 Allergens
Option 2  (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>Cheese Sandwich (v)</u> <b>Contains:</b> Wheat, Gluten, Soyabeans, Milk