

Inverclyde Primary School Menu Aug 21 - June 22 - Allergen information

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<u>Quorn burger</u> Contains: Barley, Egg, Gluten, Milk and Wheat <u>Roll</u> Contains: Gluten, Sesame and Wheat	<u>Roast turkey</u> Contains: None of the 14 Allergens <u>Yorkshire pudding</u> Contains: Egg, Gluten, Milk and Wheat <u>Gravy</u> Contains: None of the 14 Allergens	<u>Mince</u> Contains: None of the 14 Allergens <u>Dough balls</u> Contains: Gluten, Milk and Wheat	<u>Chicken fajitas</u> Spiced Chicken Contains: None of the 14 Allergens <u>Wrap</u> Contains: Gluten and Wheat	<u>Pork Sausage roll</u> Contains: Gluten, Milk and Wheat <u>Vegan sausage roll</u> Contains: Gluten and Wheat
Option 2	<u>Tomato and basil pasta</u> Contains: Gluten, Wheat	<u>Quorn Burrito</u> Contains: Egg, <u>Wrap</u> Contains: Gluten and Wheat	<u>Quorn dippers(v)</u> Contains: Egg, Milk, Gluten and Wheat	<u>Homemade Cheese and tomato Pizza</u> Contains: Gluten, Milk and Wheat	<u>Breaded Haddock</u> Contains: Fish, Gluten and Wheat
Side for option 1&2	<u>Garlic bread</u> Contains: Wheat, Gluten, Milk	<u>Roast potatoes</u> Contains: None of the 14 Allergens	<u>Mash potato</u> Contains: None of the 14 Allergens	<u>Savoury rice</u> Contains: Celery, Mustard, Sulphites	<u>Chips</u> May Contain: Wheat, Gluten, Fish
Option 3	<u>Cheese Sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Roll</u> Contains: Gluten and Wheat May contain: Sesame	<u>Cheese sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Sandwich</u> Contains: Gluten, Soya and Wheat May contain: Barley and Sesame	<u>Cheese Roll</u> Contains: Gluten, Milk and Wheat May contain: Sesame
Option 4	<u>Baked potato with Cheese</u> Contains: Milk <u>Baked potato with Tuna mayo</u> Contains: Egg, Fish				
Dessert		<u>Sponge Cake</u> Contains: Egg, Gluten, Milk, Wheat		<u>Chocolate and Cinnamon shortbread</u> Contains: Egg, Gluten, Wheat	

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<u>Fish fingers</u> Contains: Gluten, Fish and Wheat	<u>Chicken sausage</u> Contains: Wheat, Sulphite	<u>Stew Steak and GF Sausage</u> Contains: Celery and Sulphites <u>Puff pastry top</u> Contains: Gluten and Wheat	<u>Chicken Curry with Rice</u> Contains: Celery, Gluten, Mustard, Sulphites and Wheat	<u>Beef Burger</u> Contains: Gluten and Wheat <u>Roll</u> Contains: Gluten, Sesame and Wheat
Option 2	<u>Mediterranean vegetable pasta(v)</u> Contains: Wheat, Gluten	<u>Omelette(v)</u> Contains: Egg	<u>Vegetable fingers(v)</u> Contains: Gluten and Wheat	<u>Homemade cheese and tomato Pizza(v)</u> Contains: Wheat, Gluten, Milk	<u>Macaroni Cheese(v)</u> Contains: Gluten, Milk and Wheat
Side	<u>Potato wedges</u> Contains: None of the 14 Allergens	<u>Hash Browns</u> Contains: None of the 14 Allergens May Contain: Gluten and milk	<u>Mash potato</u> Contains: None of the 14 Allergens	<u>Rice</u> Contains: None of the 14 Allergens	<u>Chips</u> May Contain: Fish, Gluten and Wheat
Option 3	<u>Cheese Sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Roll</u> Contains: Gluten and Wheat May contain: Sesame	<u>Cheese sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Sandwich</u> Contains: Gluten, Soya and Wheat May contain: Barley and Sesame	<u>Cheese Roll</u> Contains: Gluten, Milk and Wheat May contain: Sesame
Option 4	<u>Baked potato with Cheese</u> Contains: Milk <u>Baked potato with Tuna mayo</u> Contains: Egg, Fish				
Dessert		<u>Chocolate Cake</u> Contains: Egg, Gluten, Milk, Wheat		<u>Custard Cream</u> Contains: Gluten, wheat	

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<u>Baked Salmon</u> Contains: None of the 14 Allergens <u>Parsley Sauce</u> Contains: Milk	<u>Chicken burger</u> Contains: Gluten and Wheat <u>Roll</u> Contains: Gluten, Sesame and Wheat	<u>Bolognaise</u> Contains: Sulphites <u>Pasta</u> Contains: Gluten and Wheat	<u>Turkey meatballs in tomato sauce</u> Contains: None of the 14 Allergens	<u>Grilled Pork Sausage</u> Contains: Gluten, Sulphites and Wheat
Option 2	<u>Quorn dippers(v)</u> Contain: Egg, Gluten, Milk and Wheat	<u>Cajun Pasta(v)</u> Contains: Gluten, Milk and Wheat	<u>Quorn Hotdog(v)</u> Contains: Egg <u>Roll</u> Contains: Gluten and Wheat May contain: Sesame	<u>Homemade cheese and tomato Pizza(v)</u> Contains: Wheat, Gluten, Milk	<u>Battered Pollock</u> Contains: Gluten, Fish and Wheat
Side	<u>Mash potato</u> Contains: None of the 14 Allergens	<u>Potato Wedges</u> Contains: None of the 14 Allergens	<u>Garlic bread</u> Contains: Wheat, Gluten, Milk	<u>Pasta</u> Contains: Gluten and Wheat	<u>Chips</u> May Contain: Fish, Gluten and Wheat
Option 3	<u>Cheese Sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Roll</u> Contains: Gluten and Wheat May contain: Sesame	<u>Cheese sandwich</u> Contains: Gluten, Milk Soya and Wheat May contain: Barley and Sesame	<u>Chicken Sandwich</u> Contains: Gluten, Soya and Wheat May contain: Barley and Sesame	<u>Cheese Roll</u> Contains: Gluten, Milk and Wheat May contain: Sesame
Option 4	<u>Baked potato with Cheese</u> Contains: Milk <u>Baked potato with Tuna mayo</u> Contains: Egg, Fish				
Dessert		<u>Sponge Cake</u> Contains: Egg, Gluten, Milk, Wheat		<u>Shortbread</u> Contains: Gluten, Wheat	