

# SAMPLE MENUS & ALLEGEN CHART

St James' CE Primary School – Summer 2018 Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<b>Vegetarian Day</b> Tomato, Basil, Courgette and Onion Pasta	Sausages (pork or Beef) with Onions and Gravy	Chicken Tikka Curry Pitta Bread	Roast Beef and Yorkshire Pudding	Fish Fingers or Salmon Puffs
Main dish	Garlic Bread	Vegetable and Quorn Casserole	Vegetable Curry (with red lentils) Pitta Bread	Quorn Sausage and Yorkshire Pudding	Jacket Potato served with Cheese
Starchy dish	Included in main	Mashed Potatoes	White and Brown Rice	Roast Potatoes	Chips
Vegetable	Vegetable Selection	Carrots	Broccoli	Peas with Broccoli Florets	Baked Beans
Salad	Salad bar selection including Greek Salad	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection
Dessert	Apple Flapjack	Mandarin Jelly (50% fruit content)	Chocolate Cake served with Chocolate Custard	Fresh Fruit Salad	Homemade Short Bread
Fruit	Fresh Fruit or Yoghurt	Fruit selection or Yoghurt	Fruit selection	Yoghurt	Fruit selection
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

St James' CE Primary School – Summer 2018 Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<b>Vegetarian Day</b> Jacket Potatoes Served with Cheese and Beans Or Ratatouille	Beef Burgers Served with Baked Onion Rings and Salsa Garnish	Shepherd's Pie (Minced Lamb)	Roasted Chicken Thigh Gravy	Cod Fish Fingers
Main dish		Quorn Burger Served with Onions Rings	BBQ Vegetable and Lentil Casserole	Tomato Pasta	Jacket Potatoes served with Cheese
Starchy dish	Included in main course	Wedges	Mashed Potatoes	Buttered Baby Potatoes	Chips
Vegetable	Sweetcorn and Roasted Diced Peppers	Carrot and Cucumber Sticks	Carrots/ Peas	Peas with Broccoli Florets	Baked Beans
Salad	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection
Dessert	Ice Cream and Wafers Choc or Strawberry Sauce	Fresh fruit salad or yoghurt	Banana, Apple and Oat Crumble served with Custard	Fruity Flapjack	Apple Pie with Pouring Cream
Fruit	Fruit selection		Fruit selection	Fruit selection or Yoghurt	Fruit selection
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

St James' CE Primary School – Summer 2018 Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<b>Vegetarian Day</b> Pizza Selection : Sweetcorn Mushroom Onion Tomato	Sausages (pork or Beef) with Onions and Gravy	Minced Beef Pie	Chicken Wrap with Carrot Sticks and Salad	Cod Fish Fingers
Main dish		Vegetarian Quorn Sausage with Onions and Gravy	Vegetable Pie	Sami's Falafel Wrap (LXs) or Jacket Potato served with Cheese	Caramelised Onion and Cherry Tomato Quiche
Starchy dish	Potato Wedges	Creamy Mashed Potato	New Potatoes	Rice	Chips
Vegetable	Sweet Corn/ Beans	Carrots with Peas	Vegetable Selection	Cold Sweetcorn	Baked Beans
Salad	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection
Dessert	Jam Sponge Pudding with Cream	Fresh Fruit Salad or Yoghurt	Banana Flapjack	Banana and Custard	Fruit Crumble
Fruit	Fruit selection		Fruit selection	Fruit selection	
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

DISHES AND THEIR ALLERGEN CONTENT – St James' C of E Primary School – Summer 2018

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Week 1 Monday														
Tomato, Basil, Courgette and Onion Pasta	✓	✓												
Garlic Bread		✓					✓ (traces)							
Vegetable Selection														✓
Salad bar selection				✓			✓							✓
Apple Flapjack		✓					✓							
Fresh Fruit														
Yoghurt							✓							
Milk							✓							

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Week 1 Tuesday														
Sausages (pork or Beef) with Onions and Gravy		✓												✓
Vegetable and Quorn Casserole	✓			✓ (Quorn)										
Mashed Potatoes							✓							
Carrots							✓							
Salad bar selection		✓		✓			✓							✓
Mandarin Jelly							✓							
Yoghurt							✓							
Milk							✓							

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Week 1 Wednesday														
Chicken Tikka Curry							✓							✓
Vegetable Curry														
White and Brown Rice														
Pitta Bread		✓												
Broccoli Salad bar selection		✓			✓		✓							✓
Chocolate Cake served with Custard		✓					✓							
Fruit selection														
Water/Milk							✓							

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Week 1 Thursday														
Roast Beef														
Quorn Sausage				✓ (Quorn)										
Yorkshire Pudding		✓		✓			✓							
Roast Potatoes														
Peas with Broccoli Florets							✓							
Salad bar selection		✓		✓			✓							
Fresh Fruit Salad							✓							
Yoghurt							✓							
Water/Milk							✓							

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Week 1 Friday														
Fish Fingers or Salmon Puffs		✓			✓		✓ (salmon puff)							
Jacket Potato served with Cheese							✓							
Chips														
Baked Beans														
Salad bar selection		✓			✓		✓							✓
Homemade Short Bread		✓					✓							
Fruit selection														
Water/Milk							✓							