

AUTUMN / WINTER 2016-2017 PRIMARY SCHOOL STANDARD and STANDARD CATHOLIC MENU ALLERGEN INFORMATION

From 13 December 2014, a new piece of European legislation, called the Food Information for Consumers Regulation (EU FIC) came in to force. This legislation requires school meals to declare the presence of allergenic ingredients used in any school food and drink

Listed below is the primary school menu listing any of the 14 major allergens used as deliberate ingredients in school meals recipes. The allergens are bolded and in italics.

Please note: If your child has any dietary requirements please contact your school office. Procedures are in place to produce Therapeutic Diets.

	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Gammon steak Cheese and tomato pizza (V) <i>(gluten, eggs, milk, soya)</i> Jacket potato Sweetcorn Shortbread biscuit <i>(gluten, may contain soya)</i> Fresh fruit	BBQ chicken <i>(gluten, fish, mustard)</i> <i>(may contain crustaceans, sesame, soya)</i> Quorn dippers (V) <i>(gluten, eggs, milk)</i> Herby diced potatoes <i>(gluten)</i> Diced carrots Rice pudding <i>(milk)</i> Tinned fruit	Salmon wholemeal roll <i>(gluten, eggs, fish, mustard, soya)</i> Cheese and tomato pizza (V) <i>(gluten, eggs, milk, soya)</i> Jacket potato Baked beans Ginger biscuit <i>(gluten, may contain soya)</i> Fresh fruit
TUESDAY	Pork meatballs in gravy <i>(gluten, eggs)</i> Cheese whirl (V) <i>(gluten, eggs, milk, sulphites)</i> Vegeballs in gravy (V) <i>(gluten, eggs, soya)</i> Wholemeal rice Salad potatoes Mixed vegetables Banana and date fruit muffin <i>(gluten, eggs)</i> <i>(may contain milk, soya, sulphites, nuts, peanuts)</i>	Pork sausage <i>(gluten, sulphites)</i> Quorn sausage (V) <i>(gluten, eggs, milk)</i> Jacket potato filled with chicken mayo <i>(eggs, mustard)</i> Baked potato wedges Sweetcorn Mississippi mud pie <i>(gluten, milk, soya)</i>	Beef burger <i>(sulphites)</i> Wholemeal roll <i>(gluten, soya)</i> Quorn sausage hot dog (V) <i>(gluten, eggs, milk, soya)</i> Chips Garden peas Chocolate brownie <i>(gluten, eggs, milk)</i>
WEDNESDAY	Chicken wrap <i>(gluten, soya)</i> <i>(for additional chicken flavourings check with your Unit Manager)</i> Jacket potato filled with tuna mayo <i>(eggs, fish, mustard)</i> Cheese and onion panini (V) <i>(gluten, milk, soya)</i> Herby diced potatoes <i>(gluten)</i> Garden peas Coleslaw <i>(eggs, mustard)</i> Chocolate sponge and chocolate sauce <i>(gluten, eggs, milk, may contain soya)</i>	Meat pie <i>(celery, gluten, eggs, milk)</i> Vegimince pie (V) <i>(celery, gluten, eggs, milk, soya)</i> Omelette (V) <i>(eggs, milk)</i> Mashed potatoes <i>(milk)</i> Salad potatoes Mixed vegetables Baked beans Oat cookie <i>(gluten, eggs, milk)</i>	Home-made chicken curry <i>(celery, mustard)</i> <i>(may contain gluten, milk)</i> Cheese pastry (V) <i>(gluten, milk)</i> Wholemeal rice Herby diced potatoes <i>(gluten)</i> Sweetcorn Oat and raisin cookie <i>(gluten, sulphites)</i> Fresh fruit
THURSDAY	Roast beef in gravy with Yorkshire pudding <i>(gluten, eggs, milk)</i> Roast chicken in gravy with Yorkshire pudding <i>(gluten, eggs, milk)</i> Quorn slice (V) with Yorkshire pudding <i>(gluten, eggs, milk)</i> Omelette (V) <i>(eggs, milk)</i> Mashed potatoes <i>(milk)</i> Broccoli, cauliflower and carrot mix Chocolate/strawberry mousse <i>(milk)</i>	Pork steak and gravy Penne pasta with tomato sauce (V) <i>(gluten, milk)</i> Salad potatoes Broccoli Chocolate muffin <i>(gluten, eggs)</i> <i>(may contain milk, soya)</i>	Meat bolognese sauce Vegetarian sausage roll (V) <i>(gluten)</i> Pasta <i>(gluten)</i> Jacket wedges Diced carrots Marble sponge and custard <i>(gluten, eggs, milk, may contain soya)</i>
FRIDAY	Battered fish fillet <i>(gluten, fish)</i> Quorn burger (V) <i>(gluten, eggs, milk, soya)</i> Chips Baked beans Selection of fruit	Breaded cod fishcake <i>(gluten, fish)</i> Breaded cod fillet <i>(gluten, fish)</i> Mixed bean chilli (V) <i>(may contain gluten)</i> Vegetable ravioli <i>(celery, gluten)</i> Chips Garden peas Selection of fruit	Fish fingers <i>(gluten, fish)</i> Filled jacket potato (Manager's choice) Potato of Manager's choice Mushy peas Selection of fruit

Information about allergens in school food can be obtained by speaking to our staff. For information on food allergens please visit www.food.gov.uk/allergens