AUTUMN/WINTER PRIMARY MENU 2019 - ALLERGEN CHART

Week 1 Monday	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
(v) Margherita Pizza		✓					✓							
Jacket Potato Wedges														
(v) Vegemince Curry		✓											✓	
Steamed Rice														
Garden Peas														
Sweetcorn														
Orange Cupcake		✓		✓										
Tuesday														
Chicken Curry							✓							
Naan Bread		✓												
Steamed Rice														
(v) Vegetable Lasagne		✓					✓							
Vegetable Medley														
Apple Crumble		✓												
Custard							✓							
Wednesday														
Sausages		✓												✓
(v) Quorn Sausages		✓		✓			✓							
Yorkshire Pudding		✓		✓			✓							
Mashed Potato														
Carrots														
Cabbage														
Gravy														
Fresh Fruit Salad														
Thursday														
Oriental Chicken													✓	
Noodles		✓		✓										
(v) Mediterranean Vegetable and Potato Layered Bake		✓					✓							
Broccoli														
Sweetcorn														
Beetroot Brownie		✓		✓										
Friday														
Breaded Fish Fingers		✓			✓									
(v) Spanish Omelette				✓			✓							
Chips														
Garden Peas														
Baked Beans														
Fresh Fruit Selection														

AUTUMN/WINTER PRIMARY MENU 2019 - ALLERGEN CHART

Week 2 Monday	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beef Burger														
Roll		✓												
Diced Potatoes														
(v) Oriental Quorn Strips				✓									✓	
Noodles		✓		✓										
Mixed Salad														
Fresh Fruit Selection														
Tuesday														
Pork and Bean Hotpot							✓							
(v) Cheesy Pasta		✓					✓							
Vegetable Medley														
Pancake		✓		✓			✓							
Ice Cream							✓							
Wednesday														
Roast Chicken														
Stuffing		✓												
(v) Lentil Roast		✓		✓			✓						✓	
Roast Potatoes														
Carrots														
Swede														
Gravy														
Apple Flapjack		✓												
Thursday														
Bolognese														
Pasta		✓												
(v) BBQ Quorn Fillet				✓										
Steamed Rice														
Broccoli														
Sweetcorn														
Sponge		✓		✓			✓							
Sponge Sauce							✓							
Friday														
Crispy Fish Fillet		✓			✓									
(v) Garden Vegetable Goujons														
Chips														
Garden Peas														
Baked Beans														
Fresh Fruit Selection														

AUTUMN/WINTER PRIMARY MENU 2019 - ALLERGEN CHART

Week 3 Monday	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
(v) Margherita Pizza		✓					✓							
Diced Potatoes														
(v) Vegetarian Bean Chilli		✓											✓	
Steamed Rice														
Mixed Salad														
Fresh Fruit Salad														
Tuesday														
Hunters Chicken							✓							
Steamed Rice														
(v) Sweet Potato and Spinach Pasty		✓					✓							
Curry Sauce							✓							
Jacket Potato Wedges														
Vegetable Medley														
Mini Cocoa Oatcake		✓												
Orange Wedges														
Wednesday														
Roast Beef														
Yorkshire Pudding		✓		✓			✓							
(v) Vegemince Cottage Pie		✓											✓	
Mashed Potato														
Carrots														
Green Beans														
Gravy														
Fresh Fruit Salad														
Thursday														
Chicken														
Mediterranean Sauce														
Pasta		✓												
(v) Italian Bean Bake							✓							
Mixed Salad														
Toffee Cream Tart		✓					✓							
Friday														
Breaded Fish Fingers		✓			✓									
Salmon Fingers					✓									
(v) Cheese and Tomato Quiche		✓		✓			✓							
Chips														
Garden Peas														
Baked Beans														
Chewy Popcorn Bar							✓							

Norse kitchens are nut-free environments and every precaution is taken to eliminate the likelihood of cross-contamination of allergens within kitchens, we are unable to guarantee a 100% allergen free environment