

Riverside Primary - Week 2

Paul

-  Cereals Containing Gluten
-  Peanuts
-  Tree Nuts
-  Milk
-  Eggs
-  Crustaceans
-  Fish
-  Celery and Celeriac
-  Soya and Soya Products
-  Sesame Seeds
-  Molluscs
-  Mustard
-  Lupin
-  Sulphites
-  GM Foods
-  Vegetarian
-  Vegan
-  Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Wholemeal Pepperoni Pizza Baguette Does Contains:   Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:  Sesame Seeds Modifiers:	Chicken Korma Curry - Allergy Free Does Contains: May Contain: Modifiers:	Roast Chicken - MKG Does Contains: May Contain: Modifiers:	Macaroni Cheese with Ham Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:   Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Battered Fish Fillet (battered pollock) Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:
Vegetarian Meals	Wholemeal Cheese & Tomato Pizza Baguette  Does Contains:   Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:   Sesame Seeds, Celery and Celeriac Modifiers:	Lentil Dhal (VG)  Does Contains: May Contain:    Gluten (Wheat), Cereal Containing Gluten, Celery and Celeriac, Mustard Modifiers:	Roast Quorn  Does Contains:   Eggs, Milk May Contain: Modifiers:	Macaroni Cheese (KEEP) Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:   Gluten (Barley), Gluten (Rye), Gluten (Oats), Soya and Soya Products Modifiers:	Cheese & Tomato Quiche  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Milk, Eggs May Contain:  Soya and Soya Products Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Sides	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Naan Bread (VG) 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Sweetcorn (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Farmhouse Mixed Vegetables (VG) 🌱 Does Contains: May Contain: Modifiers:
	Spiced Saute Potatoes / Cumin Diced Potatoes (VG) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Roast Potatoes (VG) 🌱 Does Contains: 🍷 Sulphites May Contain: Modifiers:	Peas (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Chips (VG) 🌱 Does Contains: May Contain: Modifiers:
	Homemade Bread 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	50/50 Rainbow Rice / Savoury Rice (VG) 🌱 Does Contains: 🌿 Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Carrots (half portion) (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍷🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:
			Gravy (VG) 🌱 Does Contains: May Contain: Modifiers:	Wholemeal Garlic Bread 🌱 Does Contains: 🌿 Gluten (Barley), Gluten (Wheat), Cereal Containing Gluten May Contain: S Sesame Seeds Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
			Cauliflower (half portion) (VG) Does Contains: May Contain: Modifiers:		
Third Option	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: May Contain: Modifiers:	Side Salad (VG) Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:
	Jacket Potato Grated Cheese Topping Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: May Contain: Modifiers:
	Jacket Potato Baked Beans Topping (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Jacket Potato (VG) Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato Tuna Mayo Topping Does Contains: 🐟🥚 Fish, Eggs May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: 🐟🥚 Fish, Eggs May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: 🐟🥚 Fish, Eggs May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:
	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:
	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping (VG) 🌱 Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:
Desserts	Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers:	Fruit - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:
	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:
	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:
	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Ginger Cookie (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Soya and Soya Products Modifiers:	Orange Jelly (VG)  Does Contains: May Contain: Modifiers: Raspberry Jelly (VG)  Does Contains: May Contain: Modifiers:		Strawberry Mousse  Does Contains:  Milk May Contain: Modifiers:	Vanilla Ice cream  Does Contains:  Milk May Contain: Modifiers: