

Riverside Primary - Week 1

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	Ham & Pineapple Pizza / Hawaiian Pizza - Rectangle Does Contains: Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Beef Chilli Con Carne - Allergy Free Does Contains: May Contain: Modifiers:	Roast Pork Does Contains: May Contain: Modifiers:	BYO - Southern Fried Chicken Goujons Wrap Does Contains: Gluten (Wheat), Cereal Containing Gluten, Celery and Celeriac May Contain: Modifiers:	Fish Fingers KS2 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers: Fish Fingers KS1 Does Contains: Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Cheese & Tomato Pizza - Rectangle  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Quorn Chilli Con Carne (VG)  Does Contains:   Gluten (Barley), Cereal Containing Gluten, Eggs May Contain: Modifiers:	Roasted Vegetable & Lentil Wellington (VG)  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Celery and Celeriac May Contain:    Soya and Soya Products, Lupin, Mustard Modifiers:	BYO - Falafel Wrap (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Vegetarian Hot Dog Sausage (VG/GF)  Does Contains:  Soya and Soya Products May Contain: Modifiers: Hot Dog Roll (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Sesame Seeds Modifiers:
Sides	Side Salad (VG/GF/DF)  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:	Diced Potatoes (VG)  Does Contains: May Contain: Modifiers: Salad Sticks (VG)  Does Contains: May Contain: Modifiers:	Peas (VG)  Does Contains: May Contain: Modifiers: Chips (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers: Coleslaw  Does Contains:  Eggs May Contain: Modifiers: Sweetcorn (VG)  Does Contains: May Contain: Modifiers:	50/50 Rice (VG)  Does Contains: May Contain: Modifiers: Carrots (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: Gravy (VG)  Does Contains: May Contain: Modifiers: Carrots (half portion) (VG)  Does Contains: May Contain: Modifiers: Cabbage (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: Baked Beans (VG)  Does Contains: May Contain: Modifiers:	
	Third Option				

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato (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:	Side Salad (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers:
	Side Salad (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:
	Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:	Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:	Jacket Potato (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:
	Jacket Potato Grated Cheese Topping (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains:   Fish, Eggs May Contain: Modifiers:	Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato Baked Beans Topping (VG)  Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers:	Jacket Potato Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: May Contain: Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers: Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG)  Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping (VG)  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:
Desserts	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers: Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers: Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers: Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers: Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight)  Does Contains:  Milk May Contain: Modifiers: Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers:	Fruit - Orange (VG) 🍊 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers:	Fruit - Apple (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:	Tropical Fruit Salad (VG) 🍌 Does Contains: 🍷 Sulphites May Contain: Modifiers:	Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers:	Fruit - Apple (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:	Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers:
	Flapjack (VG) 🍞 Does Contains: 🌾 🍷 Cereal Containing Gluten, Gluten (Oats), Sulphites May Contain: 🌾 Gluten (Barley), Gluten (Wheat) Modifiers:	Iced Vanilla Sponge 🍰 Does Contains: 🌾 🍷 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🍷 Soya and Soya Products Modifiers:	Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers:	Shortbread (VG) 🍪 Does Contains: 🌾 Gluten (Wheat), Cereal Containing Gluten May Contain: 🍷 Soya and Soya Products Modifiers:	Vanilla Ice cream 🍦 Does Contains: 🍷 Milk May Contain: Modifiers: