

Riverside Primary - Week 3

Paul

 Cereals Containing Gluten

 Peanuts

 Tree Nuts

 Milk

 Eggs

 Crustaceans

 Fish

C Celery and Celeriac

 Soya and Soya Products

S Sesame Seeds

 Molluscs

 Mustard

L Lupin

 Sulphites

 GM Foods

 Vegetarian

 Vegan

 Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	BBQ Chicken & Sweetcorn Pizza - Rectangle Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Milk, Mustard May Contain: Modifiers:	Pork Sausages Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Sulphites May Contain: Modifiers:	Roast Gammon Does Contains: May Contain: Modifiers:	Garlic Chicken & Wholemeal Pasta Bake Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Fish Stars Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Cheese & Red Onion Pizza - Rectangle  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: Modifiers:	Vegetarian Sausages (VG/GF/DF)  Does Contains:  Soya and Soya Products May Contain: Modifiers:	Vegetarian Cottage Pie / Shepherds Pie (VG/GF)  Does Contains:    Sulphites, Soya and Soya Products, Celery and Celeriac May Contain: Modifiers:	Tomato & Basil Wholemeal Pasta  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Celery and Celeriac Modifiers:	Vegetable Nuggets KS1 (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers: Vegetable Nuggets KS2 (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:
Sides	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Broccoli (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:	Sweetcorn (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:	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers: Mashed Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers: Knorr Gravy (VG)  Does Contains: May Contain: Modifiers: Sweetcorn (half portion) (VG)  Does Contains: May Contain: Modifiers:	Knorr Gravy (VG)  Does Contains: May Contain: Modifiers: Mashed Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers: Green Beans (half portion) (VG)  Does Contains: 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: Herby Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:   Eggs, Celery and Celeriac 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/GF/DF)  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 (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF)  Does Contains: May Contain: Modifiers:
	Jacket Potato Grated Cheese Topping  Does Contains:  Milk 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:	Side Salad (VG)  Does Contains: May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF)  Does Contains: 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 Tuna Mayo Topping Does Contains:   Fish, Eggs 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 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 Grated Vegan Cheese Topping (VG/GF/DF)  Does Contains: 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:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit Salad (VG)  Does Contains:  Sulphites May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Apple (VG)  Does Contains: May Contain: Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:
	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Secret Brownie  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain:  Soya and Soya Products 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 - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:	Fruit - Orange (VG)  Does Contains: May Contain: Modifiers:
	Toffee Apple Cookie  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Milk May Contain:  Soya and Soya Products Modifiers:	Fruit - Grapes (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Fruit - Banana (VG)  Does Contains: May Contain: Modifiers:	Vanilla Ice cream  Does Contains:  Milk May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
			Rhubarb & Ginger Oat Crumble 🍃 Does Contains: 🍃 Gluten (Wheat), Cereal Containing Gluten, Gluten (Oats) May Contain: 🍃 🍷 Gluten (Barley), Soya and Soya Products Modifiers: 		