

Greenstone 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:	Lamb Hotpot (GF/DF) Does Contains:  Celery and Celeriac 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:	Quorn Hotpot (VG/DF) 🌿 Does Contains: 🌿🍷🍲 Gluten (Barley), Cereal Containing Gluten, Celery and Celeriac, Eggs 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	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:	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:	Chips (VG) 🌿 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers: Pineapple Slaw - Secondary  Does Contains:    Eggs, Milk, Sulphites May Contain: Modifiers:	Broccoli (half portion) (VG/GF)  Does Contains: May Contain: Modifiers: Sweetcorn (half portion) (VG)  Does Contains: May Contain: Modifiers:	Knorr Gravy (VG)  Does Contains: May Contain: Modifiers: Carrots (half portion) (VG/GF)  Does Contains: May Contain: Modifiers: Green Beans (half portion) (VG)  Does Contains: May Contain: Modifiers: Mashed Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers:	Sweetcorn (VG)  Does Contains: May Contain: 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
	Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers: Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers:	Cheesy Mash  Does Contains:  Sulphites, Milk May Contain: Modifiers: Side Salad (VG)  Does Contains: May Contain: Modifiers: Baked Beans (VG)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers: Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers: Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato (VG)  Does Contains: May Contain: Modifiers: Side Salad (VG)  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:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers: Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers: Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad (VG/GF/DF)  Does Contains: 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:	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 - Grapes (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 - 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 - Orange (VG) 🌱 Does Contains: 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 - Apple (VG) 🌱 Does Contains: May Contain: 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:	Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:	Strawberry Ice Cream with Strawberry Sauce 🌱 Does Contains: 🍓 Milk 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 - Banana (VG) 🌱 Does Contains: May Contain: Modifiers:	Fruit - Grapes (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 Salad (VG) 🌱 Does Contains: 🍷 Sulphites May Contain: Modifiers:	Custard 🌱 Does Contains: 🍓 Milk May Contain: Modifiers:	Secret Brownie 🌱 Does Contains: 🌿 🍌 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🍌 Soya and Soya Products Modifiers:	Fruit - Orange (VG) 🌱 Does Contains: 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:		