

Greenstone 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: 🌿C Gluten (Wheat), Cereal Containing Gluten, Celery and Celeriac May Contain: 🍷L🍷 Soya and Soya Products, Lupin, Mustard Modifiers:	BYO - Falafel Wrap (VG) 🌿 Does Contains: 🍷 Gluten (Wheat), Cereal Containing Gluten May Contain: Modifiers:	Hot Dog Roll (VG) 🌿 Does Contains: 🍷 Gluten (Wheat), Cereal Containing Gluten May Contain: S Sesame Seeds Modifiers: Vegetarian Hot Dog Sausage (VG/GF) 🌿 Does Contains: 🍷 Soya and Soya Products 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:	Gravy (VG) 🌿 Does Contains: May Contain: Modifiers: Carrots (half portion) (VG) 🌿 Does Contains: May Contain: Modifiers:	Salad Sticks (VG) 🌿 Does Contains: May Contain: Modifiers: Diced Potatoes (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
	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	50/50 Rice (VG)  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:	Homemade Bread  Does Contains:    Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain:  Eggs Modifiers:
	Broccoli (VG/GF)  Does Contains: May Contain: Modifiers:	Sweetcorn (VG)  Does Contains: May Contain: Modifiers:	Roast Potatoes (VG)  Does Contains:  Sulphites May Contain: Modifiers:		Baked Beans (VG)  Does Contains: May Contain: Modifiers:
	Apple Slaw  Does Contains:  Eggs May Contain: Modifiers:				
Third Option	Jacket Potato (VG)  Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers:	Side Salad (VG)  Does Contains: May Contain: Modifiers:	

	Monday	Tuesday	Wednesday	Thursday	Friday
	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 (VG)  Does Contains: May Contain: Modifiers: Jacket Potato Baked Beans Topping (VG)  Does Contains: May Contain: Modifiers:	Baked Beans (VG/GF)  Does Contains: May Contain: Modifiers: Cheesy Mash  Does Contains:   Sulphites, Milk 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: Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers: Side Salad (VG/GF/DF)  Does Contains: 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 Grated Cheese Topping  Does Contains:  Milk May Contain: Modifiers: Jacket Potato Baked Beans Topping (VG)  Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF)  Does Contains:  Milk May Contain: Modifiers: Twisty Pasta Topping - Tomato Sauce (VG/GF)  Does Contains: May Contain: Modifiers: Twisty Pasta (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers: Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF)  Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato Grated Cheese Topping 🌿 Does Contains: 🍷 Milk 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 - Grapes (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Banana (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: </td> </td> </td> </td>	Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Banana (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: </td> </td> </td>	Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: </td> </td>	Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: <td> Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers: </td>	Yogurt (Mullerlight) 🌿 Does Contains: 🍷 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌿 Does Contains: May Contain: Modifiers: Fruit - Apple (VG) 🌿 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Banana (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 - Banana (VG)  Does Contains: May Contain: Modifiers:
	Fruit - Orange (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 - Grapes (VG)  Does Contains: May Contain: Modifiers:
	Strawberry Flapjack  Does Contains:   Cereal Containing Gluten, Gluten (Oats), Sulphites May Contain:  Gluten (Barley), Gluten (Wheat) Modifiers:	Apple Cinnamon Swirls  Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain:    Soya and Soya Products, Lupin, Mustard Modifiers:	Tropical Fruit Salad (VG)  Does Contains:  Sulphites May Contain: Modifiers:	Chocolate Shortbread (VG)  Does Contains:  Gluten (Wheat), Cereal Containing Gluten May Contain:  Soya and Soya Products Modifiers:	Mango Sorbet (VG)  Does Contains: May Contain: Modifiers:
					Orange Wedge (VG)  Does Contains: May Contain: Modifiers: