## Herne Bay Junior School Lunch Menu Allergens



Week 1			
Monday	Thursday		
Butcher's Sausages <i>(contains wheat, gluten and</i>			
sulphur dioxide) with Yorkshire Pudding (contains	Cheese & Tomato Pizza <i>(contains wheat, gluten,</i>		
wheat, gluten, eggs and milk)	milk products, soybean, egg,)		
Vegetable Parcel <i>(contains wheat gluten, milk</i>	Red Dragon Pie (contains celery/celeriac)		
products)	Jacket Wedges		
Gravy (contains wheat, gluten and soybean)	Baked Beans		
New Potatoes	Grated Carrot		
Broccoli	Salad		
Sweetcorn	Freshly Baked Bread (contains wheat, gluten, milk		
Salad	soybean, egg)		
Freshly Baked Bread (contains wheat, gluten, milk			
products, soybean, eggs)			
,	Apple Goodie (contains wheat, gluten) & Custard		
Fruit Crumble & Custard (contains wheat, gluten)	(contains milk products)		
Yoghurt (contains milk)	Yoghurt (contains milk)		
Fresh Fruit Pot	Fresh Fruit Pot		
Tuesday	Friday		
Beef Fajitas (contains wheat, gluten,	Cod Fish Fingers (contains fish, wheat, gluten)		
celery/celeriac, soybean)	Cheese & Tomato Quiche (contains milk products,		
Creamy Vegetable Pasta Bake (contains wheat,	eggs, mustard, wheat, gluten)		
gluten, milk products)	Chips		
Rainbow Rice	Peas		
Vegetable Medley	Coleslaw (contains mustard, eggs)		

Freshly Baked Bread *(contains wheat, gluten, milk, soybean, egg)* 

Jam Tart & Custard *(contains wheat, gluten)*Yoghurt *(contains milk)*Fresh Fruit Pot

Coleslaw *(contains mustard, eggs)* 

Salad

Freshly Baked Bread (contains wheat gluten, milk products, soybean, eggs)

Strawberry Mousse *(contains milk products)*Fresh Fruit Pot

## Wednesday

Roast Turkey

Gravy (contains celery/celeriac, soybean)

Quorn Sausages (contains wheat, gluten, eggs, milk products)

Roast Potatoes (contains wheat, gluten)

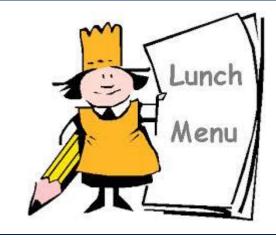
Carrots

Cabbage

Salad

Freshly Baked Bread (contains wheat, gluten, milk, soybean, egg)

Peaches with Ice Cream (contains milk products) or Frozen Mousse (contains milk products) Fresh Fruit Pot





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Monday	Thursday
Sweet & Sour Chicken & Rice <i>(contains</i>	Spaghetti Bolognaise <i>(contains wheat, gluten,</i>
celery/celeriac)	eggs)
Macaroni Cheese <i>(contains wheat, gluten, eggs,</i>	Vegetarian Kebab with Rice <i>(contains wheat,</i>
milk products)	gluten, eggs, milk products)
Green Beans	Vegetable Sticks
Carrots	Salad
Salad	Freshly Baked Bread <i>(contains wheat, gluten, milk</i>
Freshly Baked Bread <i>(contains wheat, gluten, milk</i>	products, soybean, eggs)
products, soybean, eggs)	
Pineapple Upside-down Cake <i>(contains wheat,</i>	
gluten, milk products, eggs) & Custard (contains	Iced Bun (contains wheat, gluten, milk products,
milk products)	eaas)
Yoghurt <i>(contains milk)</i>	Yoghurt <i>(contains milk)</i>
Fresh Fruit Pot	Fresh Fruit Pot
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Tuesday	Friday
Homemade Sausage Roll (contains wheat, gluten,	Crispy Fish Cakes (contains wheat, gluten, fish,
eggs, Sulphur Dioxide)	milk products)
Jacket Potato with Cheese (contains milk products)	Sneaky Pie (contains wheat, gluten, milk products)
or Tuna mayonnaise <i>(contains fish, mustard, eggs)</i>	Chips
Jacket Wedges	Peas
Baked Beans	Tomato Wedges
Broccoli	Salad
Salad	Freshly Baked Bread <i>(contains wheat, gluten , milk</i>
Freshly Baked Bread <i>(contains wheat, gluten, milk</i>	products, soybean, eggs)
products, soybean, eggs)	
Fruit Floring Contains wheat about 1 Contains	Coi mus Comman e 1 Annia
rruit riapjack <i>(contains wheat, giuten)</i> & Custara	Crispy Square & 🕫 Apple
Fruit Flapjack <i>(contains wheat, gluten)</i> & Custard <i>(contains milk products)</i>	Crispy Square & ½ Apple Yoghurt <i>(contains milk)</i>
(contains milk products)	Yoghurt <i>(contains milk)</i> Fresh Fruit Pot
, ,	Yoghurt (contains milk)

## Wednesday

Roast Turkey

Gravy (contains celery/celeriac, soybean)

Lentil & Carrot Roast *(contains milk products,* 

eggs)

Roast potatoes (contains wheat, gluten)

Cabbage

Sweetcorn

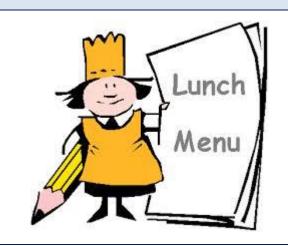
Salad

Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs)

Fruit Jelly

Rice Pudding (contains milk products)

Fresh Fruit Pot





Wee	k 3
Monday	Thursday
100% Beefburger (contains soybean, sodium sulphite, wheat, gluten) & Homemade Relish Vegetable Curry & Rice Potato Smiles Coleslaw (contains eggs, mustard) Peas Mixed Salad Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs) Chocolate Sponge (contains wheat, gluten, milk products, eggs) & Chocolate Sauce (contains milk products)	Chicken & Vegetable Pie with Gravy (contains wheat, gluten, Soybean) Baked Bean & Potato Hash (contains milk products) New Potatoes Cabbage Country Vegetables Salad Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs)  Apple Drizzle Cake (contains wheat, gluten, milk products, eggs) Fresh Fruit Pot
Yoghurt <i>(contains milk)</i> Fresh Fruit Pot	
Tuesday	Friday
Salmon Footballs (contains fish, eggs) Margarita Pizza (contains wheat, gluten, milk products) Jacket Wedges Baked Beans Sweetcorn Salad Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs)  Raspberry & Apple Shortcake (contains wheat, gluten, eggs) with Custard (contains milk products) Yogurt (contains milk) Fresh Fruit Pot	Wholemeal Breaded Fish Portion (contains wheat, gluten, fish, milk products) Tasty Potato Burger (contains milk products, eggs) Chips Green Beans Sweetcorn Salad Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs) Frozen Chocolate Mousse (contains milk products) Fresh Fruit Pot
Wednesday	
Roast Beef & Yorkshire Pudding (Contains eggs, wheat, gluten, milk products) & Gravy (contains celery/celeriac, soybean)  Vegetable Lasagne (contains wheat, gluten, eggs, milk products)  Roast Potatoes (contains wheat, gluten)  Broccoli  Carrots  Salad  Freshly Baked Bread (contains wheat, gluten, milk products, soybean, eggs)  Arctic Roll (contains wheat, gluten, milk products, eggs, soybean, may contain peanuts or nuts) or Mousse (contains milk products)	Lunch

Fresh Fruit Pot