

Herne Bay Junior School Lunch Menu

Allergens



Week 1

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



Week 2

Monday	Thursday
<p>Sweet & Sour Chicken & Rice (<i>contains celery/celeriac</i>) Macaroni Cheese (<i>contains wheat, gluten, eggs, milk products</i>) Green Beans Carrots Salad Freshly Baked Bread (<i>contains wheat, gluten, milk products, soybean, eggs</i>)</p> <p>Pineapple Upside-down Cake (<i>contains wheat, gluten, milk products, eggs</i>) & Custard (<i>contains milk products</i>) Yoghurt (<i>contains milk</i>) Fresh Fruit Pot</p>	<p>Spaghetti Bolognaise (<i>contains wheat, gluten, eggs</i>) Vegetarian Kebab with Rice (<i>contains wheat, gluten, eggs, milk products</i>) Vegetable Sticks Salad Freshly Baked Bread (<i>contains wheat, gluten, milk products, soybean, eggs</i>)</p> <p>Iced Bun (<i>contains wheat, gluten, milk products, eggs</i>) Yoghurt (<i>contains milk</i>) Fresh Fruit Pot</p>
Tuesday	Friday
<p>Homemade Sausage Roll (<i>contains wheat, gluten, eggs, Sulphur Dioxide</i>) Jacket Potato with Cheese (<i>contains milk products</i>) or Tuna mayonnaise (<i>contains fish, mustard, eggs</i>) Jacket Wedges Baked Beans Broccoli Salad Freshly Baked Bread (<i>contains wheat, gluten, milk products, soybean, eggs</i>)</p> <p>Fruit Flapjack (<i>contains wheat, gluten</i>) & Custard (<i>contains milk products</i>) Yoghurt (<i>contains milk</i>) Fresh Fruit Pot</p>	<p>Crispy Fish Cakes (<i>contains wheat, gluten, fish, milk products</i>) Sneaky Pie (<i>contains wheat, gluten, milk products</i>) Chips Peas Tomato Wedges Salad Freshly Baked Bread (<i>contains wheat, gluten, milk products, soybean, eggs</i>)</p> <p>Crispy Square & $\frac{1}{2}$ Apple Yoghurt (<i>contains milk</i>) Fresh Fruit Pot</p>
Wednesday	
<p>Roast Turkey Gravy (<i>contains celery/celeriac, soybean</i>) Lentil & Carrot Roast (<i>contains milk products, eggs</i>) Roast potatoes (<i>contains wheat, gluten</i>) Cabbage Sweetcorn Salad Freshly Baked Bread (<i>contains wheat, gluten, milk products, soybean, eggs</i>)</p> <p>Fruit Jelly Rice Pudding (<i>contains milk products</i>) Fresh Fruit Pot</p>	



Week 3

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