DISHES AND THEIR ALLERGEN CONTENT - Ventrus - Primary School - April - October Menu 2024
$\checkmark$ Contains $\checkmark$ May Contain

|  |  |  |  |  | $\mathrm{F}^{\text {而正 }}$ |  |  |  |  |  |  |  |  | 5 R |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \\ \hline \end{gathered}$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphites |
| Butchers Pork Sausages |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beef Nachos |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork Meatballs in Tom. Sauce | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Harry <br> Ramsdens <br> Salmon Fish |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Beef Burger |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Burger Bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Chicken Curry |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Naan Bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire pudding |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Gravy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken <br> Goujons | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Jumbo Breaded Fish Fingers |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Pizza |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |


|  | $\frac{16}{y_{0}}$ | $w^{3}$ |  | $\sqrt{\infty}$ | 9080 |  | mink |  |  | (3) | osis | 合 | $088$ | $e^{9}$ |
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|  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustacans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | $\substack{\text { Sesame } \\ \text { seeds }}$ | Soya | Sulphites |
| $\begin{gathered} \text { Beef } \\ \text { bolognaise } \end{gathered}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Breast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stuffing |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| $\begin{gathered} \text { Chicken \& } \\ \text { Ham } \\ \text { Carbonara } \end{gathered}$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Breaded Fish Bites |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Spanish Omelette |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Cheese \& Onion Pasty |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Veggie Roast |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Veggetable bolognaise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan nugget |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Mac. Cheese |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Quorn fillet |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet \& Sour Noodles |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| $\begin{array}{\|l\|} \hline \begin{array}{l} \text { Tomato and } \\ \text { cheese pasta } \\ \text { bake } \end{array} \\ \hline \end{array}$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| $\begin{array}{\|l\|} \hline \begin{array}{l} \text { Vegan } \\ \text { sausage } \end{array} \\ \hline \end{array}$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Veggie burger |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |


|  |  | $\begin{gathered} * 9^{9} \\ \times 12 \end{gathered}$ |  | $\sqrt[n]{n}$ | \% |  |  | (c) | mosmo | (3) | $0$ | 合 |  | $¢^{\text {ma }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | $\begin{gathered} \text { Cereals } \\ \text { containing } \\ \text { gluten } \end{gathered}$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | $\underbrace{}_{\substack{\text { Sesame } \\ \text { seeds }}}$ | Soya | Sulphites |
| Cheese Wheel |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Cauliflower Bites |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chinese Wrap |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pip lolly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberry Mouse |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Berry } \\ & \text { Compote } \\ & \hline \end{aligned}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruity Flapjack |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Choc. Date Biscuit |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Ginger Biscuit |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Anzac Biscuit |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Lemon Biscuit |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Date \& Rice Crispy Cake |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Jelly (vegan) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Pre Peeled Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |


|  | 存 |  |  | $\stackrel{N}{n}$ | 8 |  |  |  | 5 | (3) | $0$ | 曾 | $\text { do } 8$ | $9^{\text {ma }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Celery | $\underset{\substack{\text { Coreals } \\ \text { contining } \\ \text { gluten }}}{\text { c\|}}$ | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphites |
| Tuna Mayo |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Malted Baguette |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Tomato Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork Sausage roll |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Pom Bear crisps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

