

Lewisham Primary Spring/Summer 2019 Menu

ALLERGY AWARE Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Bolognese with Rice**, Broccoli and Cauliflower	Tomato and Basil GF Pasta With Green Beans and Sweetcorn <u>CONTAINS SOYA</u>	Roast Chicken with Roast Potatoes, Carrots, and Cabbage & Gravy	Jerk Chicken with Rice, Broccoli, and Mixed Vegetables	GF Fish Fingers with Chips, Baked Beans & Peas <u>CONTAINS FISH</u>
					or Roast Chicken with Chips, Baked Beans & Peas
Hot Vegetarian Dish	Tomato & Vegetable Savoury Rice** with Broccoli and Cauliflower	Tomato & Mozzarella GF Pizza With Jacket Wedges, Green Beans, and Sweetcorn <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Tomato & Vegetable Savoury Rice** with Carrots and Cabbage	Vegetable Bolognese with Rice, Broccoli, and Mixed Vegetables	Vegetable Nuggets with Chips, Baked Beans & Peas <u>CONTAINS WHEAT/GLUTEN</u>
<p>Please be aware some allergens are still present on the menu, these have been HIGHLIGHTED IN RED.</p> <p>Jacket Potato with Baked Beans OR Jacket Potato with Cheese <u>CONTAINS MILK</u> OR Jacket Potato with Tuna <u>CONTAINS FISH</u></p>					<p>Plain Chips with Baked Beans OR Plain with Cheese <u>CONTAINS MILK</u> OR Plain Chips with Tuna <u>CONTAINS FISH</u></p>
Desserts	Fresh Fruit Vanilla Crispie	Fresh Fruit Berry Bar	Fresh Fruit Mango Iced Smoothie	Fresh Fruit Chocolate Krispie	Fresh Fruit Raspberry Sorbet
<p>Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water *50% Fruit Based **Wholegrain</p>					

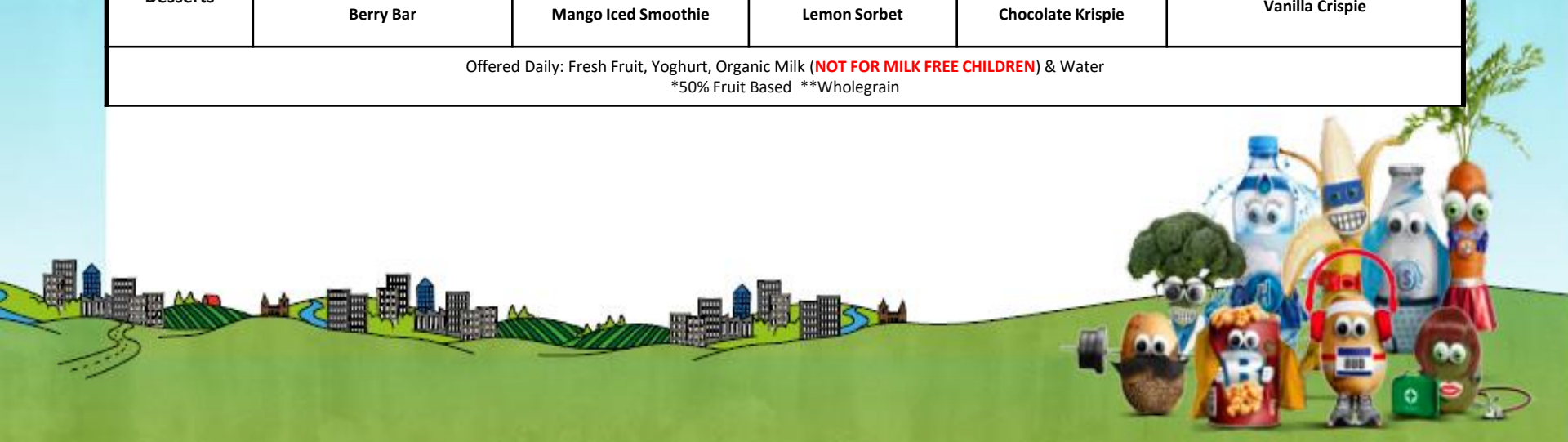


Lewisham Primary Spring/Summer 2019 Menu

ALLERGY AWARE Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme GF Pizza with Plain Jacket Wedges, Sweetcorn & Peas <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Beef Bolognese with Rice, Green Beans & Cauliflower	Roast Turkey or Beef with Roast Potatoes, Cabbage, Carrots, and Gravy.	Chicken and Tomato Spicy Rice** with Broccoli and Mixed Vegetables	GF Fish Fingers with Chips, Baked Beans & Peas <u>CONTAINS FISH</u>
					or Roast Chicken with Chips, Baked Beans & Peas
Hot Vegetarian Dish	Tomato and Basil Pasta With Sweetcorn & Peas <u>CONTAINS SOYA</u>	Roasted Vegetable and Butterbean Stew with Mashed Potato, Green Beans & Cauliflower	Shepherdess Pie With Cabbage and Carrots	Tomato & Vegetable Savoury Rice** with Broccoli and Mixed Vegetables	Tomato and Basil GF Pasta With Sweetcorn & Peas <u>CONTAINS SOYA</u>
<p>Please be aware some allergens are still present on the menu, these have been HIGHLIGHTED IN RED.</p> <p>Jacket Potato with Baked Beans OR Jacket Potato with Cheese (<u>CONTAINS MILK</u>) OR Jacket Potato with Tuna (<u>CONTAINS FISH</u>)</p>					Plain Chips with Baked Beans OR Plain with Cheese <u>(CONTAINS MILK)</u> OR Plain Chips with Tuna <u>(CONTAINS FISH)</u>
Desserts	Fresh Fruit Berry Bar	Fresh Fruit Mango Iced Smoothie	Fresh Fruit Lemon Sorbet	Fresh Fruit Chocolate Krispie	Fresh Fruit Vanilla Crispie
<p>Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water *50% Fruit Based **Wholegrain</p>					



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ALLERGY AWARE Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato and Basil GF Pasta With Broccoli, and Carrots <u>CONTAINS SOYA</u>	Beef Bolognese with Rice, Peas, and Roast Vegetables	Roast Chicken with Roast Potatoes, Carrots, Cabbage, and Gravy	Chinese Chicken Rice with Sweetcorn and Mixed Vegetables	GF Fish Fingers with Chips, Baked Beans & Peas <u>CONTAINS FISH</u>
					or Roast Chicken with Chips, Baked Beans & Peas
Hot Vegetarian Dish	Mild Potato and Chickpea Curry with Rice**, Broccoli, and Carrots	Vegetable Supreme GF Pizza with Peas and Roast Vegetables <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Sweet Potato and Chickpea Roast with Roast Potatoes, Carrots, and Cabbage & Gravy	Vegetable Paella ** with Sweetcorn and Mixed Vegetables	Vegetable Nuggets with Chips, Baked Beans & Peas <u>CONTAINS WHEAT/GLUTEN</u>
Please be aware some allergens are still present on the menu, these have been HIGHLIGHTED IN RED. Jacket Potato with Baked Beans OR Jacket Potato with Cheese (<u>CONTAINS MILK</u>) OR Jacket Potato with Tuna (<u>CONTAINS FISH</u>)					Plain Chips with Baked Beans OR Plain with Cheese <u>(CONTAINS MILK)</u> OR Plain Chips with Tuna <u>(CONTAINS FISH)</u>
Desserts	Fresh Fruit Vanilla Crispie	Fresh Fruit Lemon Sorbet	Fresh Fruit Raspberry Iced Smoothie	Fresh Fruit Berry Bar	Fresh Fruit Chocolate Krispie
Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water *50% Fruit Based **Wholegrain					

**FOLLOW RECIPE AND CHEF TIPS EXACTLY AS STATED ON THIS MENU.
FAILURE TO FOLLOW RECIPES MAY RESULT IN DISCIPLINARY ACTION**

