

**Allergens Warden Park Primary**

**Week 1 Summer Term 2018**

Day	Meal Item	Serving Size	Carbs	Cals(approx)	Allergens
Monday	Chicken Goujon	150g	8g	80cals	Wheat Gluten
	Wrap	8" wrap	24g	140cals	Wheat Gluten
	Coleslaw	TBC	TBC		Egg
	Mixed Salad	N/A	N/A	N/A	N/A
	Vegetable & Chick Pea Curry	90g	6g	155cals	Milk
	Rice	32g	20g	122cals	
	Yoghurt	100g	7.8g	82cals	Milk
	Fruit Compote				
Tuesday	Cottage Pie	240g	25g	350cals	Milk
	Mashed Potato	90g	15g	91cals	Mik
	Mixed Vegetables	N/A	N/A	N/A	N/A
	Jacket Potato	half 148g	36.25g	158cals	
	Cheese	50g	0.5g	201cals	Milk
	Tuna Mayonnaise	75g	1.32g	210cals	Fish/Egg
	Salad Sticks	N/A	N/A	N/A	N/A
	Pears				
Wednesday	Chocolate Sauce	60g	12g	60cals	Milk
	Roast Pork	75g	N/A	142cals	N/A
	Roast Potatoes	40g	10g	57cals	
	Gravy	50ml (1 ladle)	2.6g	11cals	
	Stuffing	35g	8g	35cals	Wheat Gluten
	Peas	50g	8g	40cals	N/A
	Carrots	50g	7g	16cals	N/A
	Vegetable Pasta Bake	140g	21g	170cals	Wheat Gluten
Thursday	Fruit Lolly	1			
	Chicken Curry	100g	2.5g	97.5cals	Milk
	Rice	32g	20g	122cals	
	Naan Bread	TBC	TBC	TBC	Wheat Gluten
	Cheese & Tomato Pizza	94g	27g	240cals	Wheat Gluten/Milk
	Baked Beans	75g	10.1g	63cals	
	Lemon Curd & Blueberry Spge	TBC	TBC	TBC	Wheat Gluten/Egg/Milk
	Custard	60g	10g	57cals	Milk
Friday	Battered Fish	110g	19.7g	224cals	Wheat Gluten/Fish/Mustard
	Mashed Potato	90g	15g	91cals	Milk
	Baked Beans	75g	10.1g	63cals	N/A
	Peas	50g	8g	40cals	N/A
	Veg Sausage Toad in Hole	TBC	TBC	TBC	Wheat Gluten/Milk/Egg
	Mashed Potato	90g	15g	91cals	Milk
	Baked Beans	75g	10.1g	63cals	N/A
	Peas	50g	8g	40cals	N/A
Available Every Day	Oat & Sultana Cookie	TBC	TBC	TBC	Wheat Gluten/Oats/Milk
	Fresh Fruit/Fruit Salad				
	Semi Skimmed Milk	150ml	7g	69cals	Milk
	Soya Milk	150ml	4g	65cals	Soya
	Fresh Water				
	Bread 50/50	1/4 Slice	3.5g	18cals	Wheat Gluten/Soya

**Allergens Warden Park Primary**

**Week 2 Summer Term 2018**

Day	Meal Item	Serving Size	Carbs	Cals(approx)	Allergens
Monday	Pepperoni Pizza	94g	29g	245cals	Wheat Gluten/Milk
	Baked Beans	75g	10g	63cals	
	Quorn & Veg Cottage Pie	150g	1g	108cals	Egg, Milk
	Apple & Raspb Crumble	60g	20g	120cals	Wheat Gluten/Milk
	Custard	60g	10g	57cals	Milk
Tuesday	Bolognaise sauce	180g	N/A		
	Spaghetti	120g	45g	327cals	Wheat Gluten
	Vegetable Burger	113g	32.7g	290cals	Wheat Gluten, Milk, Egg, Mustard
	4" Bun	1	23.5g	123cals	Wheat Gluten
	Salad Sticks				
	Chocolate Sponge	60g	33g	250cals	Wheat Gluten, Milk
Wednesday	Chocolate Sauce	60g	12g	60cals	Milk
	Roast Gammon	75g	N/A	159cals	N/A
	Roast Potatoes	40g	10g	57cals	N/A
	Gravy	50ml (1 ladle)	2.6g	11cals	
	Yorkshire Pudding	half	10g	84cals	Wheat Gluten/Egg/Milk
	Carrots	50g	7g	16cals	N/A
	Cauliflower	50g	2g	13cals	N/A
	Spinach & Ricotta Cannelloni	tbc	tbc	tbc	Wheat Gluten/Milk
	Vegetables	tbc	tbc	tbc	
Thursday	Ice Cream Pot	1	13g	52cals	Milk
	Chicken Tikka Strips	tbc	tbc	tbc	tbc
	Pitta Bread	1	tbc	tbc	Wheat Gluten
	Yoghurt & Mint Dressing	tbc	tbc	tbc	Milk
	Macaroni Cheese	163g	30g	337cals	Wheat Gluten/Milk
	Mixed Salad				
	Toffee Chunk Sponge	tbc	tbc	tbc	Wheat Gluten/Egg/Milk
Friday	Custard	60g	10g	57cals	Milk
	Battered Fish	110g	19.7g	224cals	Wheat Gluten/Fish/Mustard
	Mashed Potato	90g	15g	91cals	Milk
	Baked Beans	75g	10.1g	63cals	
	Peas	50g	8g	40cals	N/A
	Veg Sausage Hot Dog	56g	13.6g	127cals	Wheat Gluten
	Bun	tbc	tbc	tbc	Wheat Gluten
	Baked Beans	75g	10.1g	63cals	N/A
Available Every Day	Strawberry Angel Delight	1	5g	30.75cals	Milk
	Fresh Fruit/Fruit Salad				
	Semi Skimmed Milk	150ml	7g	69cals	Milk
	Soya Milk	150ml	4g	65cals	Soya
	Fresh Water				
	Bread 50/50	1/4 Slice	3.5g	18cals	Wheat Gluten/Soya

**Allergens Warden Park Primary**

**Week 3 Summer Term 2018**

Day	Meal Item	Serving Size	Carbs	Cals(approx)	Allergens
Monday	Chicken Chunks	30g	1.7g	38cals	Wheat Gluten
	Smiley Potato Faces	2	11g	72cals	
	Baked Beans	75g	10g	63cals	
	Corn on the Cob	30g	1.74g		
	Quorn & Vegetable Lasagne	115g	tbc	tbc	tbc
	Apple Crumble	60g	20g	120cals	Wheat Gluten, Milk
	Custard	60g	10g	57cals	Milk
Tuesday	Pork & Apple Meatballs	75g	4.9g	226cals	Wheat Gluten
	Tagliatelle in Tomato Sauce	100g	15g	117cals	Wheat Gluten
	Jacket Potato	Half 148g	36.25g	158cals	
	Baked Beans	75g	10g	63cals	
	Cheese	50g	0.5g	201cals	Milk
	Panna Cotta	114g	26.9g	255cals	Milk
	Raspberry Sauce				
Wednesday	Roast Beef	75g	n/a	156cals	
	Roast Potatoes	40g	10g	57cals	
	Gravy	50ml (1 ladle)	2.6g	11cals	
	Yorkshire Pudding	half	10g	84cals	Wheat Gluten, Egg, Milk
	Broccoli	50g	2.5g	13cals	
	Carrots	50g	3.5g	16cals	
	Quorn Slice	70g	6.4g	99cals	Wheat Gluten/Egg
	Ice Cream Pot	1	13g	52cals	Milk
Thursday	Beef Lasagne	115g	15g	211cals	Wheat Gluten/Milk
	Garlic Bread	10g	5g	60cals	Wheat Gluten/Milk
	Mixed Salad				
	BBQ Beans	tbc	tbc	tbc	tbc
	Cheese	50g	0.5g	201cals	Milk
	Wrap	8"	24g	140cals	Wheat Gluten
	Syrup Sponge	94g	45g	324cals	Wheat Gluten, Egg, Milk
	Custard	60g	10g	57cals	Milk
Friday	Battered Fish	110g	19.7g	224cals	Wheat Gluten/Fish/Mustard
	Wedges	55g	14g	89cals	
	Baked Beans	75g	10g	63cals	
	Peas	50g	8g	40cals	
	Vegetable & Quorn Rice	100g	62.5g	381cals	Egg
	Chocolate Cornflake Cake	1	40g	249cals	Wheat Gluten/Milk
Available Every Day	Fresh Fruit/Fruit Salad				
	Semi Skimmed Milk	150ml	7g	69cals	Milk
	Soya Milk	150ml	4g	65cals	Soya
	Fresh Water				
	Bread 50/50	1/4 Slice	3.5g	18cals	Wheat Gluten/Soya

**Allergens Warden Park Primary**

**Week 4 Summer Term 2018**

Day	Meal Item	Serving Size	Carbs	Cals(approx)	Allergens
Monday	Pork Sausage	1	n/a	142cals	Wheat Gluten, Sulphates
	Mashed Potato	90g	15g	91cals	Milk
	Baked Beans	75g	10g	63cals	
	Peas	50g	8g	40cals	
	Vegetable Sausage	56g	13.6g	127cals	Wheat Gluten
	Mashed Potato	90g	15g	91cals	Milk
	Baked Beans	75g	10g	63cals	
	Peas	50g	8g	40cals	
	Yoghurt	100g	7.8g	82cals	Milk
	Fruit Compote				
Tuesday	Chicken Pasta Bake	tbc	tbc	tbc	tbc
	Vegetable Quiche	65g	16g	360cals	Wheat Gluten, Egg, Milk
	New Potatoes	20g	3.2g	15.4cals	
	Mixed Veg	tbc	tbc	tbc	
	Chocolate Pudding	60g	33cals	250cals	Wheat Gluten, Milk
	Chocolate Sauce	60g	12g	60cals	Milk
Wednesday	Roast Chicken	1 slice	n/a	75cals	
	Roast Potatoes	40g	10g	57cals	
	Gravy	50ml (1 ladle)	2.6g	11cals	
	Stuffing	35g	8g	35cals	Wheat Gluten
	Green Beans	50g	4g	15cals	
	Carrots	50g	7g	16cals	
	Cheese & Tomato Bake	143g	21g	176cals	Wheat Gluten/Milk
	Fruit Jelly	1	13g	52cals	
Thursday	Beef Burger	50g	1.2g	132cals	Wheat Gluten, Soya, Sulphates
	Bun	4"	23.5g	123cals	Wheat Gluten
	Potato Wedges	55g	14g	89cals	
	Quorn Bolognese Sauce	75g	4g	80cals	Egg
	Spaghetti	50g	15g	76cals	Wheat Gluten
	Apple Flapjack	45g	23g	175cals	Oats, Milk
	Custard	60g	10g	57cals	Milk
Friday	Fish Fingers	56g	8.4g	102cals	Wheat Gluten, Fish, Mustard
	Smiley Potato Faces	2	11g	72cals	
	Baked Beans	75g	10g	63cals	
	Sweetcorn	40g	11g	49cals	
	Cheese Omelette	150g	4.5g	280cals	Milk
	Smiley Potato Faces	2	11g	72cals	
	Baked Beans	75g	10g	63cals	
	Chocolate Angel Delight	1	5g	30cals	Milk
Available Every Day	Fresh Fruit/Fruit Salad				
	Semi Skimmed Milk	150ml	7g	69cals	Milk
	Soya Milk	150ml	4g	65cals	Soya
	Fresh Water				
	Bread 50/50	1/4 Slice	3.5g	18cals	Wheat Gluten/Soya