

DISHES AND THEIR ALLERGEN CONTENT – PENSANS CP SCHOOL – WEEK 1 MENU

DAY	DISH														
Monday	Pizza		✓					✓							
	Potato Wedges		✓												
	Fruit Crumble		✓												
Tuesday	Chilli Con Carne		✓			✓									
	Nachos		✓												
	Doughnuts		✓												
Wednesday	Onion Gravy							✓						✓	
	Carrot & Coriander Soup							✓							
	Homemade Bread		✓												
	Yoghurt & Cinnamon Cake		✓					✓							
Thursday	Sweet & Sour Chicken													✓	✓
	Egg Fu Yung													✓	
	Noodles		✓		✓										
	Stir-fry Vegetables													✓	
	Ice Cream							✓							
Friday	Haddock		✓			✓									
	Sweet Potato Rosti	✓													
	Saffron Bun		✓					✓							✓

Review date:

Reviewed by:

DISHES AND THEIR ALLERGEN CONTENT – PENSANS CP SCHOOL – WEEK 2 MENU

DAY	DISH														
Monday	Tortilla Wraps		✓					✓							
	Potato Wedges		✓												
	Hevva Cake		✓					✓							✓
Tuesday	Chicken Tikka Masala							✓							
	Vegetable Bhajis		✓		✓										
	Naan Bread		✓					✓							
	Bakewell Tart		✓		✓						✓				✓
Wednesday	Toad in the Hole		✓		✓			✓							
	Leek & Potato Soup							✓							
	Homemade Bread		✓												
	Vanilla Biscotti		✓		✓										
Thursday	Beef Lasagne		✓					✓							
	Macaroni Cheese		✓					✓							
	Garlic Bread		✓												
Friday	Salmon Fish Cakes		✓		✓	✓		✓							
	Coleslaw				✓										
	Sweet Potato Fillings														
	Carrot Cake		✓		✓										✓
SEE INFORMATION ON SPECIFIC FILLINGS IN 'DAILY OPTIONS' TABLE															

Review date:

Reviewed by:

DISHES AND THEIR ALLERGEN CONTENT – PENSANS CP SCHOOL – WEEK 3 MENU

DAY	DISH														
Monday	BBQ Banger							✓					✓	✓	
	Vegetarian Banger		✓		✓			✓							
	Bread Roll		✓												
	Pasta Salad		✓												
	Coleslaw				✓										
Tuesday	Rice Pudding							✓							
	Sticky Chicken Curry	✓													
	Bean & Vegetable Fritters		✓		✓									✓	
	Naan Bread		✓					✓							
	Chocolate Brownies		✓		✓						✓				
Wednesday	Onion Gravy							✓						✓	
	Carrot & Coriander Soup							✓							
	Homemade Bread		✓												
	Banana Loaf		✓		✓										
	Penne Bolognese	✓	✓												
Thursday	Vegetable Pasta Bake	✓	✓												
	Garlic Bread		✓												
	Flapjack		✓												
	Fish Goujons		✓		✓	✓									
	Sweet Potato Cakes		✓		✓										
Friday	Creamy Dip							✓							

Review date:

Reviewed by:

DISHES AND THEIR ALLERGEN CONTENT – PENSANS CP SCHOOL – DAILY MENU OPTIONS

DAY	DISH														
Daily	Jacket Potato Filling - Cheese							✓							
	Jacket Potato Filling – Tuna & Sweetcorn Mayonnaise				✓	✓									
	Jacket Potato Filling – Cream Cheese & Chives							✓							
	Jacket Potato Filling - Coleslaw				✓										
	Bread		✓												
	Salad Bar – Salad Dressing (Optional)									✓					✓
	Desserts - Yoghurt							✓							
	Drinks - Milk							✓							

Review date: 17/04/2015

Reviewed by: Tom Wisher (Head Chef)



You can find this template, including more information at www.food.gov.uk/allergy

DISHES AND THEIR ALLERGEN CONTENT – PENSANS CP SCHOOL – WEEKLY BREAKFAST MENU

DAY	DISH													
Monday	Croissants			✓			✓							
	Emmental Cheese						✓							
	Butter						✓							
Tuesday	Boiled Egg with Soldiers			✓										
Wednesday	Baked Beans on Toast													
Thursday	Bacon Sandwich													
Friday	Scrambled Egg on Toast			✓										
Daily	Breakfast Cereal with Milk (excluding Muesli)						✓							
	Muesli with Milk						✓					✓		
	Toast													
	Drinks - Milk						✓							

Review date: 17/04/2015

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WEEKLY BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY OPTION	Croissants with Ham and Emmental Cheese	Boiled Egg with Soldiers	Baked Beans on Toast	Bacon Sandwich	Scrambled Egg on Toast
CEREALS	A choice of 4 different Breakfast Cereals with Semi-Skimmed Milk				
TOAST	Toast with Margarine and/or Homemade Jam				
FRUIT	A wide variety of Fruit including Apples, Oranges, Bananas and Grapes				
DRINKS	Orange or Apple Squash, or Milk or Water				