**PARK HILL JUNIOR SCHOOL**

**Spring 22 Menu**

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. These are;

**Gluten Celery**

**Crustaceans Egg**

**Fish Lupin**

**Mustard Nut**

**Milk Molluscs**

**Peanut Sesame**

**Soya Sulphites**

**Please find below the allergens for our main meals and puddings.**

The yoghurt that we provide as an option each day for our puddings contains **Milk**

\*Halal Suitable Dishes

**(VG) Vegan Option**

 **WEEK ONE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Chicken Burger in a Bun \*****Gluten, Milk** | **Baked Vegetable Samosa****Gluten** | **Pasta in a Tomato & Basil Sauce (VG)** **Gluten Free Pasta Available****Gluten** | **Apple & Mixed Fruit Oatie Crumble with Custard****Gluten, Milk** |
| **Tuesday** | **Beef Lasagne \*****Gluten, Milk** | **Roasted Vegetable Lasagne****Gluten, Milk** | **Jacket Potato with Cheese or Beans****Milk** | **Carrot Cake with Custard****Gluten, Egg, Milk** |
| **Wednesday** | **Roast BBQ Chicken Dinner \*****None** | **Roasted Vegetable Wrap****Gluten, Milk** | **Pasta in a Roasted Vegetable Sauce (VG)****Gluten** | **Fresh Fruit Platter, Yoghurt****Cheese & Biscuits****Milk, Gluten** |
| **Thursday** | **Lamb Pasta Bolognese \*****Gluten** | **Spaghetti in a Tomato & Basil Sauce (VG)****Gluten** | **Jacket Potato with Beans or Cheese****Milk, Egg** | **Apple Pie with Custard****Milk, Egg, Gluten** |
| **Friday** | **Fish Fingers \*****Fish, Gluten** | **Vegetarian Sausage Roll (VG)****Gluten** | **GLUTEN FREE OPTION AVAILABLE** | **Ind Strawberry & Vanilla swirl Mousse****Milk** |

**There is always a gluten free option available on request**

**(VG) Vegan Option**

 **WEEK TWO**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Tuna & Sweetcorn Pizza \*****Gluten, Milk** | **Cheese & Tomato Pizza****Gluten, Milk** | **Pasta in a Tomato and Basil Sauce (VG)****GF Pasta Available****Gluten** | **Fresh fruit Platter or Yoghurt****Milk** |
| **Tuesday** | **Minced Beef & vegetable Hotpot \*****None** | **Mac & Cheese****Gluten, Milk, Mustard** | **Jacket Potato with Beans (VG)** **None** | **Apple Cake with Custard****Gluten, Milk, Egg** |
| **Wednesday** | **Roast Paprika Chicken Dinner \*****None** | **Stir Fried Rice with Vegetables****(Nasi Goreng-No Eggs) (VG)****Gluten, Soya** | **Pasta in a Roasted Vegetable Sauce (VG)****Gluten** | **Fresh Fruit, Yoghurt or Cheese & Biscuits****Gluten, Milk** |
| **Thursday** | **Chicken Jollof Rice \*****None** | **BBQ Mixed Vegetable with Lentils & Chickpeas in a Mini Naan Bread (VG)****Gluten, Milk** | **Jacket Potato with Tuna Mayonnaise or Beans****Fish, Eggs** | **Pancake with Fruit Compote****Eggs, Gluten, Milk** |
| **Friday** | **Breaded Baked Fish Fillet \*****Fish, Gluten** | **Chilli Non Carne with Rice (VG)** **None** | **GLUTEN FREE OPTION AVAILABLE** | **Ice Cream Pot****Milk** |

**There is always a gluten free option available on request**

**(VG) Vegan Option**

 **WEEK THREE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Red Option** | **Green Option** | **Option** | **Dessert** |
| **Monday** | **Braised Chicken & Beef Sausages with onion Gravy \*****Gluten, Soya, Sulphur Dioxide** | **Broccoli & Cauliflower Cheese with Sweet Potato Mash Topping****Milk, Mustard** | **Pasta in a Tomato Sauce (VG)** **Gluten** | **Reduced Sugar Fruit Crumble with Custard****Gluten, Milk** |
| **Tuesday** | **Beef Cottage Pie \*****None** | **Spaghetti in a Tomato Sauce (VG)** **Gluten** | **Jacket Potato with Beans or Cheese****Milk** | **Blueberry Muffin with Custard****Gluten, Milk, Egg** |
| **Wednesday** | **Roast Chicken Dinner \*****None** | **Vegetable & Lentil Cottage Pie (VG)****None** | **Pasta in a Roasted Vegetable & Tomato Sauce (VG)****Gluten** | **Fresh Fruit, Yoghurt or Cheese & Biscuits****Gluten, Milk** |
| **Thursday** | **Minced Beef & Vegetable Pie\*****Gluten, Milk** | **Sweet Chilli Vegetable Stir Fry with Vermicelli Noodles (VG)****None** | **Jacket Potato with Tuna Mayonnaise or Beans****Fish, Eggs** | **Honey & Lemon Drizzle Cake (Custard Optional)****Eggs, Gluten, Milk** |
| **Friday** | **Fish Fingers \*****Fish, Gluten** | **Tomato, Spinach & Cheese Pinwheel****Gluten, Milk** | **GLUTEN FREE OPTION AVAILABLE** | **Peach & Pear Fruit Pots****None** |

**There is always a gluten free option available on request**

**(VG) Vegan Option**