

Ryefield Primary Schhol

ALLERGEN MENU - AUTUMN

21 / 22

MON

TUE

WED

THU

FRI

WEEK ONE

M: Sausage and mash **(W, S, M)**
H: Sausage and mash **(W,S,M)**
V: Veg Sausage and mash **(W,E,M)**
P: Vanilla Sponge **(E,M)**

M: Chilli Con Carne & Taco **(W,M)**
H: Chilli Con Carne & Taco **(W,M)**
V: Quorn Chilli **(W,S)**
P: Oaty Flapjack **(W,M)**

M: Chicken noddle chow mein & egg fried rice **(W,S,E,M)**
H: Chicken noddle chow mein & egg fried rice **(W,S,E,M)**
V: Mixed Veg Omelette & Egg fried rice **(E,M,W)**
P: Carrot Cake **(W,E,M)**

M & H: Macaroni Cheese **(W,M)**
V: Roasted Veg Tart **(E,M,W)**
P: Rice Crispy Bar **(W,M)**

M & H: Fish fingers with chipped potatoes **(W,F)**
V: Veg Burger & Chips **(W)**
P: Ice Cream **(M)**

WEEK TWO

M: Cheese Pizza & Garlic bread **(M,W)**
H: Cheese Pizza & Garlic bread **(M,W)**
V: Stuffed Pepper **(W)**
P: Cocoa Sponge **(W,E,M)**

M: Spaghetti Bolognese **(W)**
H: Spaghetti Bolognese **(W)**
V: Three Bean Stew
P: Shortbread **(W,M)**

M: Chicken Enchiladas & Sautee Potatoes **(W,M)**
H: Chicken Enchiladas & Sautee Potatoes **(W,M)**
V: Vegetable wrap **(W)**
P: Glazed orange cake **(W,E,M)**

M: Tuna Pasta Bake **(M,F,W)**
H: Tuna Pasta Bake **(M,F,W)**
V: Pea Risotto
P: Gingerbread **(W,E,M,S)**

M: & H: Fish & Chips **(F,W)**
V: Veg Nuggets & Chips **(W,M,E)**
P: Ice cream **(M)**

WEEK THREE

M: Hot Dog in buns **(W)**
H: Hot Dog in buns **(W)**
V: Cauliflower & Broccoli Bake **(M,W)**
P: Brownie Bar **(W,E,M)**

M: Lasagne & Garlic Bread **(M,W)**
H: Lasagne & Garlic Bread **(M,W)**
V: Vegetable Lasagne & Garlic Bread **(W,M)**
P: Banana Cake **(W,E,M)**

M: Chinese Chicken Curry & boiled rice **(M,W)**
H: Chinese Chicken Curry & boiled rice **(M,W)**
V: Chicken Lentil Curry **(W)**
P: Melon Slices

M: Chicken Puff & savoury rice **(W,M,E)**
H: Chicken Puff & savoury rice **(W,M,E)**
V: Roasted Tomato Puff **(W,M,E)**
P: Sprinkle Sponge **(W,E,M)**

M & H: Fish fingers and Chips **(F,W)**
V: Breaded Halloumi Sticks
P: Ice Cream **(M)**

PLAIN PASTA WITH TUNA **(M,F,E)**, BAKED BEANS & CHEESE **(M,W)**

JACKET POTATO

KEY CODE: W - WHEAT, E - EGG, F-FISH, M - MILK, S- SOYA