

**ST ANDREWS PRIMARY SCHOOL MENU - From April 2019**

29th April, 20th May, 17th June, 8th July, 9th &amp; 30th Sept, 21st Oct 2019



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Sausages in Gravy Creamed Potatoes Seasonal Vegetables	Southern Fried Chicken Goujons Garlic Bread Seasonal Vegetables	Meat & Potato Pie with Gravy Creamed Potatoes Seasonal Vegetables	<u>CARVERY</u>  Selection of Carvery Meats Creamed or Roast Potatoes  Yorkshire Pudding Seasonal Vegetables	Fish, Fish Fingers or Fish Cakes Chips  Peas or Baked Beans
	<b>ALLERGENS: 7, 14</b>	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 1, 2, 5, 7</b>	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 2, 5, 13</b>
<b>OPTION 2</b>	Vegetarian Sausages in Gravy Creamed Potatoes  Seasonal Vegetables	Stir Fry Noodles Seasonal Vegetables	Cheese Toastie Creamed Potatoes  Seasonal Vegetables	Quorn Chicken Creamed or Roast Potatoes  Yorkshire Pudding Seasonal Vegetables	Quorn Southern Coated Goujons Chips  Seasonal Vegetables
	<b>ALLERGENS: 2, 7, 13, 14</b>	<b>ALLERGENS: 1, 2, 7, 9</b>	<b>ALLERGENS: 2, 7</b>	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 2, 4, 7</b>
<b>OPTION 3</b>	Filled Rolls, Wraps & Baguettes Vegetable Sticks & Salad  Assorted Yoghurts  Dessert of the Day	Filled Rolls, Wraps & Baguettes Vegetable Sticks & Salad  Assorted Yoghurts  Dessert of the Day	Filled Rolls, Wraps & Baguettes Vegetable Sticks & Salad  Assorted Yoghurts  Dessert of the Day	Filled Rolls, Wraps & Baguettes Vegetable Sticks & Salad  Assorted Yoghurts  Dessert of the Day	Filled Rolls, Wraps & Baguettes Vegetable Sticks & Salad  Assorted Yoghurts  Dessert of the Day
	<b>ALLERGENS: 2, 4, 5, 7, 9</b>	<b>ALLERGENS: 2, 4, 5, 7, 9</b>	<b>ALLERGENS: 2, 4, 5, 7, 9</b>	<b>ALLERGENS: 2, 4, 5, 7, 9</b>	<b>ALLERGENS: 2, 4, 5, 7, 9</b>
<b>Dessert Choice</b>	Fruit Flapjack  with Custard Fruit Platter, Fruit Jelly Assorted Yoghurts	Raspberry Ripple or Swiss Roll  with Custard Fruit Platter, Fruit Jelly Assorted Yoghurts	Orange & Lemon Shortcake  with Custard Fruit Platter, Fruit Jelly Assorted Yoghurts	Ice Cream with  Fruit & Granola Fruit Platter, Fruit Jelly Assorted Yoghurts	<u>CAKES OF THE WEEK</u> Jam & Cream Scones, Gingerbread Men,  & Eclairs Fruit Platter, Fruit Jelly Assorted Yoghurts
	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 2, 4, 7</b>	<b>ALLERGENS: 2, 7, 14</b>	<b>ALLERGENS: 2, 4, 7</b>
<p>We also offer filled Jacket Potato served with a choice of fillings - Cheese, Baked Beans or Tuna Mayonnaise All served with unlimited vegetables or salad to accompany the meals</p> <p>Freshly prepared Salad Bar &amp; Bread daily (2, 4, 7)</p> <p>Fresh Water &amp; Milk to drink</p> <p><b>FRUIT &amp; VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS</b></p>					

VEGETARIAN (V)

**ALLERGENS**



Celery



Crustaceans



Fish



Milk



Mustard



Peanuts



Soya



Cereals containing gluten



Eggs



Lupin



Molluscs



Nuts



Sesame seeds



Sulphur dioxide  
(sometimes known  
as sulphites)