



Ellenbrook

COMMUNITY PRIMARY SCHOOL

ELLENBROOK PRIMARY SCHOOL

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Pork meatballs in tomato and basil sauce with fusilli pasta and crusty bread Allergens: Wheat/Milk May contain: Mustard/Soya	Beef chilli with rice	Chicken nuggets with sweetcorn and home made wedges Allergens: Wheat	Quorn curry tikka with rice and naan Allergen: Milk/Eggs/Wheat	Birds Eye Fish fingers with chips and peas Allergens: Fish/Wheat
Option 2	Pea protein balls in tomato basil sauce with fusilli pasta and crusty bread Allergens: Wheat May contain: Mustard/Soya	Lentil chilli with rice Allergens: Soya May contain: Celery , eggs, milk, mustard, sulphur dioxide	Quorn vegan dippers with sweetcorn and home made wedges Allergens: Wheat	Sweet potato and chickpea curry with rice and naan Allergens: Wheat	Cheese omelette with chips and peas Allergens: Milk/Eggs/Wheat
Jacket Potatoes	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk
Salad Bar	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk	Chicken sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk
Dessert	Baked Jam doughnut Allergens: Wheat May contain: Eggs/Milk/Soya/Sesame Seeds Vegan doughnut Allergens: Wheat/Soya May contain: Eggs, milk, sulphites	Jelly with Angel delight Allergens: Milk Vegan jelly	Fresh Fruit Soreens: Allergens: Wheat Crackers with cheese: Allergens: Wheat/Milk Crackers with vegan spread: Allergens: Wheat/Soya	Chocolate brownie Allergens: Wheat/Egg/Milk May contain: Soya Vegan Philadelphia with crackers Allergens: Wheat	Ice Cream (Vanilla, Chocolate, Strawberry) Allergens: Milk Vegan ice cream May contain Soya,milk

Available daily bread, Jacobs cream crackers and cheese, Fruit, sreen, yoghurts, vegan yogurt



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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	100 % Chicken breast burger in a bun with homemade baked wedges Allergens: Wheat Gluten free burger	Pork sausage with mash, peas and gravy Allergens: Wheat	Chicken tikka curry with rice and naan Allergens: Milk/Wheat	Chicken pasta bake with garlic bread Allergens: Wheat, Milk May contain: , mustard, soya	Harry Ramsden's Fillet of fish with chips and peas Allergens: Wheat Fish
Option 2	Meat free chicken burger in a bun with homemade baked wedges Allergens: Wheat	Vegan sausage with mash, peas and gravy Allergens: Wheat	Vegan sausage rolls with diced potato and beans Allergens: Wheat	Vegan pasta bake with garlic bread Allergens: Wheat/Soya May contain: Mustard/Milk	Cheese and onion slice with chips and peas Allergens: Wheat, Milk, Mustard/Soya
Jacket Potatoes	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk
Salad Bar	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Chicken sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya Milk Vegan sheese sandwich Allergens: Wheat/Soya
Dessert	Fruit Soreen Wheat Cheese crackers Wheat Milk Vegan cheese crackers Wheat Soya Yoghurts Milk Vegan Yoghurts Soya	Vegetarian jelly with angel delight Allergens: Milk Vegan jelly available	Flapjack with sultanas Allergens: Wheat May contain: egg, milk, soya	Chocolate cookie Allergens: Milk, Egg, Wheat May contain: Soya Vegan shortbread chocolate biscuit Allergens: Wheat	Raspberry/chocolate ripple mousse Allergens: Milk Vegan ice cream May contain Soya, milk

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	100% Beef burger in a bun with cris cross potatoes and peas Allergens: Wheat/Soya May contain: Sesame seeds	Sweet and sour chicken with rice and vegetable spring roll Allergens: Wheat/Soya/Celery/ Mustard/Sulphites	Homemade macaroni and cheese with peas Allergens: Milk, Wheat May contain: Egg, celery, mustard, soya	Homemade Lamb bolognaise with pasta and garlic bread Allergens: Wheat/Milk May contain: Mustard/Soya/milk	Chicago Town pepperoni pizza with mixed salad Allergens: Wheat, Milk
Option 2	Southern Quorn burger in a bun with cris cross potatoes and peas Allergens: Wheat, Egg, Milk	Sweet and sour Quorn with rice and vegetable spring roll. Allergens Egg/Wheat/Soya	Vegan Biryani with chapati Allergens: Wheat	Lentil bolognaise with pasta and garlic bread Allergens: Wheat May contain: Mustard/Soya/Milk	cheese pizza with mixed salad *vegan cheese pizza available* Allergens: Wheat
Jacket Potatoes	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk	Jacket Potato with cheese/beans/ tuna in mayo Vegan sheese Allergens: Fish/Eggs/Milk
Salad Bar	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Ham Sandwich: Allergens: Wheat/Soya Cheese Sandwich: Allergen: Wheat/Soya/Milk Vegan sheese sandwich Allergens: Wheat/Soya	Tuna mayo Sandwich: Allergens: Wheat/Soya Egg Fish Cheese Sandwich: Allergen: Wheat/Soya Milk Vegan sheese sandwich Allergens: Wheat/Soya
Dessert	Homemade chocolate crispy cake Allergens: Soya, Wheat, Milk Vegan shortbread biscuit Allergens: Wheat	Raspberry Jelly with strawberry Angel delight Allergens: Milk Vegan Jelly available	Fruit	Lemon Cake with custard Allergens: Wheat/Milk/Egg/Soya Vegan lemon cake with custard Allergens: Wheat/soya	Vanilla, Strawberry and chocolate Ice Cream Allergens: Milk Vegan Ice Cream May contain Soya,milk

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