



Ellenbrook
COMMUNITY PRIMARY SCHOOL

Ellenbrook Primary School Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Pork meatballs in tomato and Basil Sauce Wholemeal bread Allergens: Wheat / Dairy	Pepperoni pizza & pasta salad Allergens: Wheat / Dairy	Roast chicken fillet & mashed potatoes served with mixed vegetables and gravy	Chicken Tikka curry served with Rice and naan Allergens: Wheat / Dairy	Fish fingers, chips and peas Allergens: Wheat
Option 2	Vegetarian Quorn balls in Tomato and basil sauce Wholemeal bread Allergens: Wheat / Eggs	Vegetarian Lasagne with salad Allergens: Wheat / Dairy	Barbecued Quorn, peas, corn and rice Allergens: mustard / Egg/soya	Vegetarian Sausage Roll Served with diced potatoes & beans Allergens: Wheat /Soya	Cheese quiche, chips and peas Allergens: Wheat / Dairy/Egg
Jacket Potato	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese
Sandwiches	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Salmon Allergens: Wheat / Dairy
Dessert	Jam doughnut, yogurt, fruit, crackers Allergens: Wheat / Dairy	Jelly	Fresh fruit	Chocolate orange sponge and custard Allergens: Wheat / Dairy/Egg/Soya	Ice Cream (vanilla, chocolate and strawberry) Allergens: Dairy

A selection of cheese crackers, yoghurt or a fruit bowl are available daily

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Lamb pie mashed potato, carrots, peas & gravy Allergens: Wheat	Macaroni cheese pasta, peas and whole-wheat crusty bread Allergens: Wheat / Dairy	Beef lasagne Allergens: Wheat/dairy	Pork sausage, mashed potato & beans Allergens: Wheat /Egg/Dairy	Fillet fish, chips and peas Allergens: Wheat
Option 2	Vegetarian mince pie, peas, carrots & gravy Allergens: Wheat/Egg	Cheese and onion slice with pasta salad Allergens: Wheat / Dairy	Quorn tikka, rice and naan Allergens: Wheat/Egg/ Dairy	Vegetarian Sausage, mashed potato & beans Allergens: Wheat/Egg / Dairy	Omelette, chips and peas Allergens: Egg / Dairy
Jacket Potato	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese
Sandwiches	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Ham Cheese (v) Allergens: Wheat / Dairy	Tuna Cheese (v) Allergens: Wheat / Dairy
Dessert	Short bread biscuit Allergens: Wheat	Fresh fruit	Banana muffin Allergens: Wheat/egg / Dairy	Carrot cake and custard Allergens: Egg/Wheat /Soya/ Dairy	Raspberry ripple or chocolate ripple mousse Allergens: Dairy

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Beef Burger in a bun, diced potatoes & peas Allergens: Wheat	Cheese and bean melt ciabatta & salad Allergens: wheat/diary	Chicken nuggets, smiley faces and beans Allergens: wheat/celery	Lamb bolognaise pasta & whole wheat bread Allergens: wheat/celery	Tuna, sweetcorn and tomato pasta melt Allergens: wheat/diary
Option 2	Southern quorn burger in a bun, diced potatoes & peas Allergens: Wheat/Egg/Dairy	Quorn dippers with mixed pasta salad Allergens:wheat/egg/ diary	Vegetarian finger, smiley faces and peas Allergens: wheat	Quorn biryani & chapati Allergens: wheat/egg/diary	Cheese and tomato pizza and mixed salad Allergens: wheat/diary/mustard/celery/sesame
Jacket Potato	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese	Jacket Potato with cheese/beans/tuna Allergens: Dairy in the cheese
Sandwiches	Ham Cheese (v) Allergens: wheat/diary	Ham Cheese (v) Allergens: wheat/diary	Ham Cheese (v) Allergens: wheat/diary	Ham Cheese (v) Allergens:wheat/ diary	Tuna Cheese (v) Allergens:wheat/ diary
Dessert	Chocolate crispy cake Allergens: dairy/soya/wheat	Flapjack with sultanas Allergens: wheat/egg/diary/soya	Fresh fruit	Lemon drizzle sponge and custard Allergens: wheat/diary/egg	Artic roll (raspberry ripple or chocolate) Allergens: wheat/diary/egg/soya

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