

Primary Autumn Winter 2019
Lewisham ALLERGY AWARE Menu
PARENT GUIDANCE

This menu contains: FISH, MILK, SULPHITES, MUSTARD & SOYA

If your child has any of these allergies they will be served with an alternative dish.

Allergen warnings are shown in RED

Lewisham Primary Autumn Winter 2019

Allergy Aware Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	SD Tomato and Basil Pasta <u>CONTAINS SOYA</u>	SD Beef Ragu Bolognese with Pasta <u>CONTAINS SOYA</u>	Roast Chicken with Roast Potatoes and SD Gravy	SD Chinese Chicken Savoury Rice	SD Fish Fingers and Chips <u>CONTAINS FISH</u>
Hot Main Dish 2	SD Spanish Vegetable Rice	SD Cheese & Tomato Pizza with Jacket Wedges <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	SD Vegetable Crumble	SD Tomato and Basil Pasta <u>CONTAINS SOYA</u>	SD Tomato & Basil Pasta <u>CONTAINS SOYA</u>
Alternative Dish	Jacket Potato with Baked Beans OR With Cheese (<u>CONTAINS MILK</u>) OR with Tuna (<u>CONTAINS FISH</u>)				
Vegetables	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	Baked Beans Peas
Desserts	SD Chocolate Crispy Bar	SD Apple Crumble	SD Raspberry Frozen Smoothie	Fresh Fruit Slices*	SD Flapjack
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*		Fresh Fruit Salad*
SD = SPECIAL DIET This menu contains: FISH, MILK, SULPHITES, MUSTARD & SOYA					

02/11 23/11 14/12 04/01 25/01 22/02 15/03

Lewisham Primary Autumn Winter 2019 Allergy Aware Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	SD Tomato & Basil Pasta <u>CONTAINS SOYA</u>	Jerk Chicken with Rice & Peas	Roast Turkey with Roast Potatoes and SD Gravy	SD Beef Ragu Bolognese with Pasta <u>CONTAINS SOYA</u>	SD Fish Fingers and Chips <u>CONTAINS FISH</u>
Hot Main Dish 2	SD Veggie Korma with Rice <u>CONTAINS MUSTARD</u>	SD Sweet Potato Burger and Chips	SD Sweet Potato and Chickpea Roast with Roast Potatoes with SD Gravy	SD Mexican Bean and Potato Wrap with a Rice side	SD Cheese & Tomato Pizza With Jacket Wedges <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>
Alternative Dish	Jacket Potato with Baked Beans OR With Cheese (<u>CONTAINS MILK</u>) OR with Tuna (<u>CONTAINS FISH</u>)				
Vegetables	Sweetcorn Broccoli	Green Beans Cauliflower	Roast Parsnip Carrots	Peas Sweetcorn	Baked Beans Peas
Desserts	SD Chocolate Crispy Bar	SD Apple and Berry Crumble	SD Orange & Mango Frozen Smoothie Pot	SD Flapjack	Fresh Fruit Salad*
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*	Fresh Fruit Slices*	
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09/11 30/11 11/01 01/02 01/03 22/03

Lewisham Primary Autumn Winter 2019 Allergy Aware Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	SD Sweet Potato Burger with Jacket Wedges	Chinese Chicken with a Rice side	Roast Chicken with Roast Potatoes and SD Gravy	SD Beef Ragu Bolognaise with Pasta <u>CONTAINS SOYA</u>	SD Fish Fingers and Chips <u>CONTAINS FISH</u>
Hot Main Dish 2	SD Mild Sweet Potato Curry with Rice	SD Tomato & Basil Pasta <u>CONTAINS SOYA</u>	SD Vegetable Crumble	SD Chickpea Matar Curry with Rice	SD Tomato & Basil Pasta <u>CONTAINS SOYA</u>
Alternative Dish	Jacket Potato with Baked Beans OR With Cheese (<u>CONTAINS MILK</u>) OR with Tuna (<u>CONTAINS FISH</u>)				
Vegetables	Carrots Peas	Green Beans Roast Vegetables	Cabbage Carrot	Broccoli Sweetcorn	Peas Baked Beans
Desserts	SD Chocolate Crispy Bar	SD Apple Crumble	SD Raspberry Frozen Smoothie	SD Vanilla Rice Pudding	SD Berry Crispy
	Fresh Fruit Salad*	Fresh Fruit Slices*	Fresh Fruit Bowl*	Fresh Fruit Slices*	Fresh Fruit Salad*
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16/11 07/12 18/01 08/02 08/03 29/03