



Chartwells Lewisham Allergy Aware Spring/Summer 2019 Menu Introduction

We have now improved our 'Allergy Aware' menu to provide a 'two-line' option for our allergy children to help ensure they have a varied and balanced meal. Children suffering from the allergies highlighted in red will be served one of the alternative dishes.



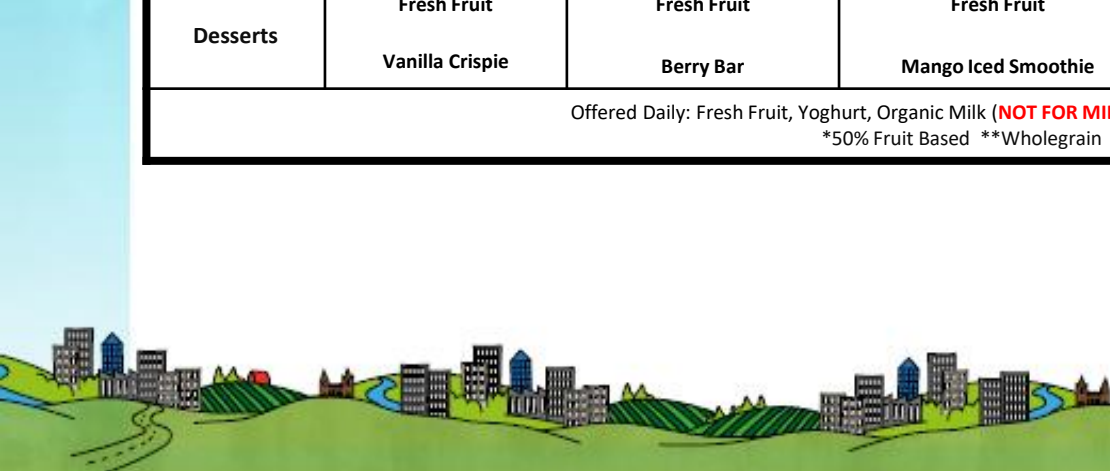
Lewisham Primary Spring/Summer 2019 Menu

ALLERGY AWARE Week 1

Week Starting: 22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Bolognese with Rice**, Broccoli and Cauliflower	Tomato and Basil Pasta With Green Beans and Sweetcorn <u>CONTAINS SOYA</u>	Roast Chicken with Roast Potatoes, Carrots, and Cabbage & Gravy	Jerk Chicken with Rice, Broccoli, and Mixed Vegetables	GF Fish Fingers with Chips, Baked Beans & Peas <u>CONTAINS FISH</u>
					or Roast Chicken with Chips, Baked Beans & Peas
Hot Vegetarian Dish	Tomato & Vegetable Savoury Rice** with Broccoli and Cauliflower	Tomato & Mozzarella Pizza With Jacket Wedges, Green Beans, and Sweetcorn <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Tomato & Vegetable Savoury Rice** with Carrots and Cabbage	Vegetable Bolognese with Rice, Broccoli, and Mixed Vegetables	Vegetable Nuggets with Chips, Baked Beans & Peas <u>CONTAINS WHEAT/GLUTEN</u>
<p>Please be aware some allergens are still present on the menu, these have been HIGHLIGHTED IN RED.</p> <p>Jacket Potato with Baked Beans</p> <p>OR Jacket Potato with Cheese <u>(CONTAINS MILK)</u></p> <p>OR Jacket Potato with Tuna <u>(CONTAINS FISH)</u></p>					<p>Plain Chips with Baked Beans</p> <p>OR Plain with Cheese <u>(CONTAINS MILK)</u></p> <p>OR Plain Chips with Tuna <u>(CONTAINS FISH)</u></p>
Desserts	Fresh Fruit Vanilla Crispie	Fresh Fruit Berry Bar	Fresh Fruit Mango Iced Smoothie	Fresh Fruit Chocolate Krispie	Fresh Fruit Raspberry Sorbet
<p>Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water</p> <p>*50% Fruit Based **Wholegrain</p>					

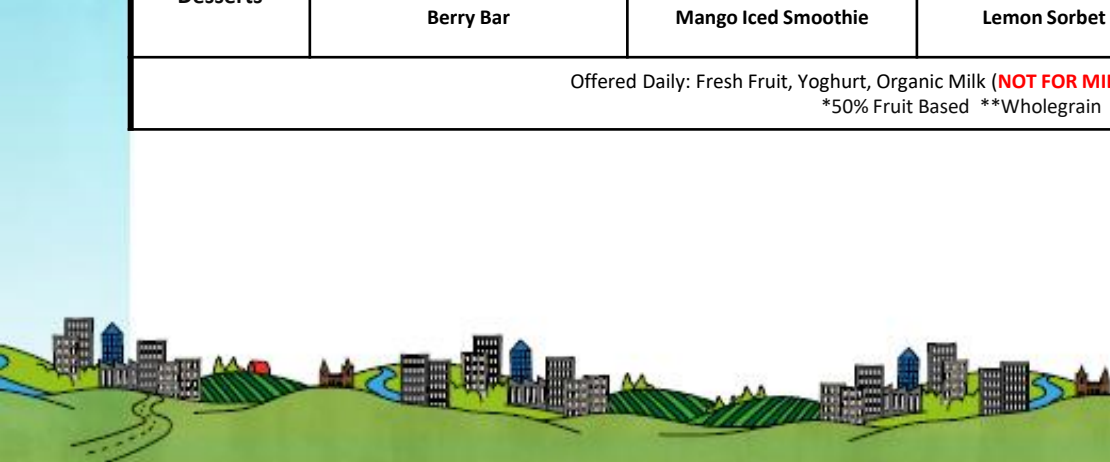


Lewisham Primary Spring/Summer 2019 Menu

ALLERGY AWARE Week 2

Week Starting: 29/04 20/05 17/06 08/07 09/09 30/09

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza <i>with Plain Jacket Wedges, Sweetcorn & Peas</i> <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Beef Bolognese <i>with Rice, Green Beans & Cauliflower</i>	Roast Turkey or Beef <i>with Roast Potatoes, Cabbage, Carrots, and Gravy.</i>	Chicken and Tomato Spicy Rice** <i>with Broccoli and Mixed Vegetables</i>	GF Fish Fingers <i>with Chips, Baked Beans & Peas</i> <u>CONTAINS FISH</u>
					or Roast Chicken <i>with Chips, Baked Beans & Peas</i>
Hot Vegetarian Dish	Tomato and Basil Pasta <i>With Sweetcorn & Peas</i> <u>CONTAINS SOYA</u>	Roasted Vegetable and Butterbean Stew <i>with Mashed Potato, Green Beans & Cauliflower</i>	Shepherdess Pie <i>With Cabbage and Carrots</i>	Tomato & Vegetable Savoury Rice** <i>with Broccoli and Mixed Vegetables</i>	Tomato and Basil Pasta <i>With Sweetcorn & Peas</i> <u>CONTAINS SOYA</u>
<p><i>Please be aware some allergens are still present on the menu, these have been HIGHLIGHTED IN RED.</i></p> <p>Jacket Potato with Baked Beans</p> <p>OR Jacket Potato with Cheese <u>(CONTAINS MILK)</u></p> <p>OR Jacket Potato with Tuna <u>(CONTAINS FISH)</u></p>					<p>Plain Chips with Baked Beans</p> <p>OR Plain with Cheese <u>(CONTAINS MILK)</u></p> <p>OR Plain Chips with Tuna <u>(CONTAINS FISH)</u></p>
Desserts	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Berry Bar	Mango Iced Smoothie	Lemon Sorbet	Chocolate Krispie	Vanilla Crispie
<p>Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water</p> <p>*50% Fruit Based **Wholegrain</p>					



Lewisham Primary Spring/Summer 2019 Menu

ALLERGY AWARE Week 3

Week Starting: 06/05 03/06 24/06 15/07 16/09 07/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato and Basil Pasta <i>With Broccoli, and Carrots</i> <u>CONTAINS SOYA</u>	Beef Bolognese <i>with Rice, Peas, and Roast Vegetables</i>	Roast Chicken <i>with Roast Potatoes, Carrots, Cabbage, and Gravy</i>	Chinese Chicken Rice <i>with Sweetcorn and Mixed Vegetables</i>	GF Fish Fingers <i>with Chips, Baked Beans & Peas</i> <u>CONTAINS FISH</u>
					or Roast Chicken <i>with Chips, Baked Beans & Peas</i>
Hot Vegetarian Dish	Mild Potato and Chickpea Curry <i>with Rice**, Broccoli, and Carrots</i>	Vegetable Supreme Pizza <i>with Peas and Roast Vegetables</i> <u>CONTAINS MILK</u> <u>CONTAINS SULPHITES</u>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes, Carrots, and Cabbage & Gravy</i>	Vegetable Paella ** <i>with Sweetcorn and Mixed Vegetables</i>	Vegetable Nuggets <i>with Chips, Baked Beans & Peas</i> <u>CONTAINS WHEAT/GLUTEN</u>
<p>Please be aware some allergens are still present on the menu, these have been <u>HIGHLIGHTED IN RED.</u></p> <p>Jacket Potato with Baked Beans OR Jacket Potato with Cheese (<u>CONTAINS MILK</u>) OR Jacket Potato with Tuna (<u>CONTAINS FISH</u>)</p>					Plain Chips with Baked Beans OR Plain with Cheese (<u>CONTAINS MILK</u>) OR Plain Chips with Tuna (<u>CONTAINS FISH</u>)
Desserts	Fresh Fruit Vanilla Crispie	Fresh Fruit Lemon Sorbet	Fresh Fruit Raspberry Iced Smoothie	Fresh Fruit Berry Bar	Fresh Fruit Chocolate Krispie
Offered Daily: Fresh Fruit, Yoghurt, Organic Milk (NOT FOR MILK FREE CHILDREN) & Water *50% Fruit Based **Wholegrain					

