DISHES AND THEIR ALLERGEN CONTENT - Ventrus - Primary School - October to April Menu 2023/24
$\checkmark$ Contains $\quad$ May Contain

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|  | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | $\begin{aligned} & \text { Sesame } \\ & \text { seeds } \end{aligned}$ | Soya | Sulphites |
| Butches Sausages |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Beef Nachos |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Stew |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pork <br> Meatballs in Tom. Sauce | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |
| Sub Roll |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Harry Ramsdens Salmon Fish |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Cheese Burger |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Burger Bun |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Chicken Curry |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Naan Bread |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Toad in the Hole |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |
| Chicken Goujons |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Savona Chicken Goujons | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |


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|  | Celery | $\qquad$ containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphites |
| Jumbo Fish Fingers |  | $\checkmark$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Pizza |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Cottage Pie |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Chicken Breast |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stuffing |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Cheese \& Ham <br> Carbonara |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\sqrt{ }$ |  |  |  |  |  |
| Breaded Fish Bites |  | $\checkmark$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Spanish Omelet |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Cheese \& Onion Pasty |  | $\checkmark$ |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Veggie Roast |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Veggie Crumble |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Stuffed Pepper |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Crunchy Topped Mac. Cheese |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |
| Lentil Loaf |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Sweet \& Sour Noodles |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Veggie Sausage Roll |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |


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|  | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusks | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphites |
| Vegan Sausage Roll |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Falafel |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese Wheel |  | $\checkmark$ |  | $\sqrt{ }$ |  |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  | $\checkmark$ |
| Cauliflower Bites |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chinese Wrap |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Veggie <br> Sausage |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Smoothie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sticky Toffee Pudding \& Custard |  | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ | - |  |  |  |  | $\checkmark$ |  |
| Strawberry <br> Mouse |  |  |  |  | - |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Berry Compote |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruity Flapjack |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruity Muffin |  | $\sqrt{ }$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
| Pineapple Oaty Slice |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Apple Crumble \& Custard |  | $\sqrt{ }$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Choc. Date Biscuit |  | $\checkmark$ |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Ginger Biscuit |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |


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|  | Celery | $\underset{\substack{\text { Coreals } \\ \text { contining } \\ \text { gluten }}}{ }$ | Crustaceans | Eggs | Fish | Lupin | Mik | Molusks | Mustard | Nuts | Peanuts | $\underset{\substack{\text { Sesame } \\ \text { seeds }}}{ }$ | Soya | Sulphites |
| Anzac Biscuit |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |
| Lemon Biscuit |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Date \& Rice Crispy Cake |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Apple Cake |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Yoghurt |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Pre Peeled Potatoes |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |
| Tuna Mayo |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |
| Baked Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Malted Baguette |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Coleslaw |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |
| Quorn Fillet |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Pieces Code 381236 |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |
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