

St Clare's Primary School Menu

LENT 2021 WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT	CHICKEN KORMA	BEEF PASTA BOLOGNAISE	ROAST BEEF IN GRAVY	PEPPERONI PIZZA	FISH FINGERS
VEGETARIAN	QUORN KORMA	QUORN PASTA BOLOGNAISE	CHEESE AND BEAN PUFF	CHEESE AND TOMATO PIZZA	QUORN FISHLESS FINGERS
SIDES	NAAN BREAD AND LONG GRAIN RICE	SEASONAL VEGETABLES	ROAST POTATOES AND SEASONAL VEGETABLES	DICED POTATOES	CHIPS AND BEANS
PASTA OR SANDWICH	JACKET POTATO AND CHEESE	HAM AND CHEESE WRAP	JACKET POTATO AND TUNA	CHICKEN SWEETCORN AND MAYONNAISE SANDWICH	JACKET POTATO AND BEANS
PUDDING	CHOCOLATE CUPCAKES	SHORTBREAD	ANGEL DELIGHT	ICE BUNS	KRISPIE CAKES



















Allergen Information

LENT 2021 Week One

X=Contains ?= May Contain



														
DISH	Celery	Cereal gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken korma							x							
Naan bread		wheat					x							
Quorn korma				x			x							
Jp cheese							x							
Chocolate cupcake		wheat		x			buttermilk							
Beef pasta bolognaise		wheat												
Quorn pasta bolognaise		wheat/barley		x										
Ham and cheese wrap		wheat					x							
shortbread		wheat					buttermilk							
Beef/gravy		Barley/wheat											x	
Cheese and bean puff		wheat					x							
JP tuna mayo				x	x									
Angel delight							x							
Cheese/tom pizza		wheat					x							
Pepperoni pizza		wheat					x							
chicken/sweetcorn mayo sandwich		wheat		x										
Ice buns		wheat										?		
Fish fingers		wheat			x									
Fishless fingers		wheat												
JP beans														
Krispie cake		wheat					x							
yoghurts							x							

