

# St Clare's Primary School

## Advent 2022 Week 2

w/c Aug 29<sup>th</sup> Sept 12<sup>th</sup>, 26<sup>th</sup> Oct 10<sup>th</sup>, 24<sup>th</sup> Nov 7<sup>th</sup> 21<sup>st</sup> Dec 5<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT</b>	BEEF CHILLI	SALMON AND SWEET POTATO FISH CAKES	PORK PATTIES	ROAST GAMMON	FISH PORTION
<b>VEGETARIAN</b>	QUORN CHILLI	CHICKPEA, SWEET POTATO, SPINACH CURRY AND RICE	QUORN DIPPERS	VEGETARIAN SAUSAGE ROLL	QUORN FISHLESS FINGERS
<b>SIDES</b>	RICE	SEASONAL VEGETABLES	DICED POTATOES AND SEASONAL VEGETABLES	ROAST POTATOES AND SEASONAL VEGETABLES	BEANS AND CHIPS
<b>JACKET POTATO OR SANDWICH</b>	JACKET POTATO AND CHEESE	HOT CHEESE AND TOMATO PASTA	JACKET POTATO AND BEANS	BREADED CHICKEN, TOMATO AND CUCUMBER WRAP	CHEESE SANDWICH
<b>PUDDING</b>	SHORTREAD	JELLY AND FRUIT	VIENESSE BISCUITS	CHOCOLATE AND BEETROOT BROWNIE WITH CUSTARD	VANILLA CUPCAKES





# Allergen Information

## Lent 2022 Week 2

X=Contains ?=May Contain



														
DISH	Celery	Cereal gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BEEF CHILLI														
QUORN CHILLI		BARLEY		X										
RICE														
J.P CHEESE							X							
SHORTBREAD		WHEAT					X							
SALMON FISHCAKE		WHEAT			X									
CURRY														
C&T PASTA		WHEAT					X							
JELLY														
PORK PATTIES													X	
QUORN DIPPERS		WHEAT		X			X							
J.P BEANS														
VIENESSE BISCUIT		WHEAT					X							
GAMMON														
VEG ROLL		WHEAT												
CHICKEN WRAP		WHEAT												
CHOCO/BEET		WHEAT		X			X							
FISH		WHEAT			X									
FISHLESS FINGERS		WHEAT												
CHEESE SAND		WHEAT					X							
VANILLA CAKE		WHEAT		X			X							

