Allergens Menu Sept 20 to Dec 20 ✓ contains allergen Assessed on 11/06/2020 Shepton Mallet Infant School

Mixed Salad

Alpro Dessert

GF & DF Vegetable

GF &DF Dessert

Week 1 Monday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Mild Chicken Curry				✓										
Vegetarian	Jacket Potato with Cheese & B.Beans				1										
Side	Steamed Rice														
Vegetable	Garden Peas														
Dessert	Ice Cream Roll				✓			✓	✓	✓					
	Butterscotch Sauce				✓			✓	✓						
GF & DF Main	Chicken in Tomato Sauce														
GF & DF Side	Steamed Rice														
GF & DF Vegetable	Garden Peas														
GF & DF Dessert	Alpro Dessert							✓							
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Week 1 Tuesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Sausage							✓	✓						✓
	Yorkshire Pudding				✓				✓	✓					
Vegetarian	Roasted Quorn Pieces									✓					
Side	New Potatoes														
	Gravy														
Vegetable	Broccoli & Sweetcorn														
Dessert	Jelly with Fruit														
GF & DF Main	Pork Loin														
GF & DF Side	New Potatoes														
	Gravy														
GF & DF Vegetable	Broccoli & Sweetcorn														
GF & DF Dessert	Jelly Pot														
Week 1 Wednesday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Beef Lasagne	✓			✓				✓						
Vegetarian	Vegetable & Tomato Ravioli				✓				✓						
Side	Baked Garlic Bread				✓				✓					✓	
Vegetable	Mixed Salad														
Dessert	Fruit Yoghurt				✓										
GF & DF Main	Beef Pasta Bolognaise	✓													
GF & DF Side	Genius Garlic Bread														

✓

Week 1 Thursday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Roast Chicken														
	Gravy														
Vegetarian	Jacket Potato with Cheese & B.Beans				✓										
Side	Roast Potatoes														
Vegetable	Carrots & Green Beans														
Dessert	Somerset Apple Cake & Cream				\			>	→	✓					
GF & DF Main	Roast Chicken														
	Gravy														
GF & DF Side	Roast Potatoes														
GF & DF Vegetable	Carrots & Green Beans														
GF & DF Dessert	Jelly Pot														
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Week 1 Friday	Dish	Celery	Shell Fish	Fish	Milk	Mustard	Peanuts	Soya	Cereal/Gluten	Eggs	Lupin	Molluscs	Nuts	Seasame	Sulphur
Main	Breaded Fish Fingers	✓		✓	✓			√	✓	✓		✓			
Vegetarian	Vegetable Nuggets								✓						
Side	Chips														
Vegetable	Baked Beans														
Dessert	Chocolate Mousse				✓			✓	✓	✓					
GF & DF Main	Poached Fish			✓											
GF & DF Side	Chips														
GF & DF Vegetable	Baked Beans			<u> </u>									<u> </u>		
GF & DF Dessert	Alpro Dessert							✓							