



Nerrols Primary School

Email: office@nr.huish.education

Phone: 01823792655

Website: <https://www.nerrolsprimary.co.uk/>

Week 1

Menu Gluten Free, Vegan, Egg Free & Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (required) <input type="checkbox"/> 1. Sweet and Sour Chicken, Rice, and Green Beans <i>(Pineapple)</i> <hr/> <input type="checkbox"/> V. Vegetable Sweet and Sour, Rice and Green Beans <i>(Pineapple)</i> <hr/> <input type="checkbox"/> 2. Jacket Potato and baked beans, side salad and Bread <i>(Wheat, Gluten, Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Soya Yoghurt and Apple Dippers <hr/> <input type="checkbox"/> B. Fruit	Main Meal (required) <input type="checkbox"/> 1. Pork sausage in hot dog roll, Wedges, Cucumber sticks and Ketchup <i>(Roll contains Gluten and Wheat may contain Milk, Egg, and Soya) (Gluten Free Roll contains Egg)</i> <hr/> <input type="checkbox"/> V. Meat Free Sausages in a hot dog roll, Wedges <hr/> <input type="checkbox"/> Cucumber sticks and Ketchup <i>(Roll contains Gluten and Wheat may contain Milk, Egg, and Soya) (Gluten Free Roll contains Egg)</i> <hr/> <input type="checkbox"/> 2. Chicken Mayo Wrap packed lunch <i>(Gluten, Wheat, Mustard, and Sulphur Dioxide) (Gluten Free Wrap Non)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Apple and Pear crumble and cream <hr/> <input type="checkbox"/> B. Fruit	Main Meal (required) <input type="checkbox"/> 1. Spaghetti Bolognese (Beef Mince), Pasta, Peas, Sweetcorn and Bread <i>(Celery)</i> <hr/> <input type="checkbox"/> V. Meat Free mince Bolognese, Pasta, Peas, Sweetcorn and Bread <i>(Celery)</i> <hr/> <input type="checkbox"/> 2. Salmon and cucumber sandwich packed lunch <i>(Gluten, Wheat, Mustard, Fish, Sulphur Dioxide and may contain Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Cookies <hr/> <input type="checkbox"/> B. Fruit	Main Meal (required) <input type="checkbox"/> 1. Gammon Ham, Roast potatoes, Carrots, Broccoli, and Gravy <hr/> <input type="checkbox"/> V. Cauliflower Cheese, Roast potatoes, Carrots, Broccoli, and Gravy <hr/> <input type="checkbox"/> 2. Spicy Sweetcorn Fritter, Crusty Bread, Humous and Salad <i>(Bread contains Gluten, Wheat, and Sesame Seeds) (Gluten Free Crusty Bread contains Soya may contain Lupin and Mustard)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Soya Yoghurt and mandarins <hr/> <input type="checkbox"/> B. Fruit	Main Meal (required) <input type="checkbox"/> 1. Fish, Chips, Pea's, and ketchup <i>(Fish contains Fish)</i> <hr/> <input type="checkbox"/> V. Meat Free Dippers, Chips, Peas, and ketchup <i>(Gluten, Wheat and may contain Milk and Mustard)</i> <hr/> <input type="checkbox"/> 2. Cheese Ploughman's (Salad, Cheese, Boiled Egg, Chutney, Bread) <i>(Gluten, Wheat, Eggs and may contain Sesame Seeds) (Gluten Free Crackers contains Soya)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Vegan Ice Cream (Soya) <hr/> <input type="checkbox"/> B. Fruit

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Week 2- Menu Gluten Free, Vegan, Egg Free & Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (required) <input type="checkbox"/> 1. Pork Sausage, Mash Potato and Baked beans <hr/> <input type="checkbox"/> V. Meat Free Sausage's, Mash Potato and Baked beans <hr/> 2. Mini cheese and cucumber baguette packed lunch <input type="checkbox"/> (<i>Baguette contains Gluten, Wheat, and Sesame Seeds</i>) (<i>Gluten Free Baguette contains Soya may contain Mustard and Lupin</i>) <hr/> Dessert (required) <input type="checkbox"/> A. Soya Yogurt and Apple dippers <hr/> <input type="checkbox"/> B. Fruit <hr/>	Main Meal (required) 1. Tomato and Basil Pasta, Broccoli, Corn on the Cob, and Bread <input type="checkbox"/> (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> V. Cauliflower Cheese, Broccoli, Corn on the Cob, and Bread <input type="checkbox"/> <hr/> 2. Salmon, Curried Rice, Side Salad, Chutney, and Bread <input type="checkbox"/> (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> Dessert (required) <input type="checkbox"/> A. Vegetarian Jelly and Mandarins <hr/> <input type="checkbox"/> B. Fruit <hr/>	Main Meal (required) 1. Cheese and Ham French bread Pizza, Wedges and Coleslaw <input type="checkbox"/> (<i>Gluten, Wheat and may contain Sesame Seeds</i>) (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> V. Cheese French bread Pizza, Wedges and Coleslaw <input type="checkbox"/> (<i>Gluten, Wheat and may contain Sesame Seeds</i>) (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> 2. Stuffed Peppers, Fruity Rice, Side Salad, and Bread <input type="checkbox"/> (<i>Gluten, Wheat, Soya</i>) (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> Dessert (required) <input type="checkbox"/>	Main Meal (required) <input type="checkbox"/> 1. Roast Chicken, roast potatoes, cabbage, carrots, and gravy <hr/> V. Quorn Fillet, roast potatoes, cabbage, carrots, and gravy <input type="checkbox"/> (<i>Gluten and Wheat</i>) (<i>Gluten Free Alternative Available</i>) <hr/> 2. Pork Sausage and ketchup sandwich packed lunch <input type="checkbox"/> (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> Dessert (required) <input type="checkbox"/> A. Vegan Cream and Fruit Cocktail <input type="checkbox"/> (<i>Vegan Ice Cream contains Soya</i>) (<i>Pineapple</i>) <hr/> <input type="checkbox"/> B. Fruit <hr/>	Main Meal (required) <input type="checkbox"/> 1. Fish finger, chips, peas, and ketchup (<i>Fish</i>) <hr/> V. Vegan fishless fingers, chips, peas, and ketchup <input type="checkbox"/> (<i>Gluten and Wheat</i>) <hr/> 2. Jacket Potato, Cheese and Beans, Side Salad, and Bread <input type="checkbox"/> (<i>Wheat, Gluten, Mustard, and Soya</i>) (<i>Bread contains Gluten, Wheat, and Soya</i>) (<i>Gluten Free Bread contains Soya may contain Mustard and Lupin</i>) <hr/> Dessert (required) <input type="checkbox"/> A. Short Bread <hr/> <input type="checkbox"/> B. Fruit <hr/>

			A. Marble Sponge Cake		
		<input type="checkbox"/>	B. Fruit		

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Week 3 - Menu Gluten Free, Vegan, Egg Free & Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (required) 1. Homemade Pork Meatballs in tomato and basil sauce, Rice, Green beans, and Bread <input type="checkbox"/> <i>(Bread contains Gluten, Wheat, and Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> V. Homemade Meat Free balls in tomato and basil sauce, Rice, Green beans, and Bread <input type="checkbox"/> <i>(Bread contains Gluten, Wheat, and Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> 2. Jacket Potato with Baked beans, side salad and bread <input type="checkbox"/> <hr/> Dessert (required) <input type="checkbox"/> A. Soya Yogurt and apple dippers <input type="checkbox"/> B. Fruit <hr/>	Main Meal (required) 1. Chicken and Ham mayo pasta, Salad, Sweetcorn and Garlic Bread <input type="checkbox"/> <i>(Mustard) (Garlic Bread contains Gluten, Wheat, may contain Milk, Eggs, and Soya) (Gluten Free Garlic Bread contains Soya may contain Lupin and Mustard)</i> <hr/> V. Tomato Pasta, Salad, Sweetcorn and Garlic Bread <input type="checkbox"/> <i>(Garlic Bread contains Gluten, Wheat, and may contain Milk, Eggs, and Soya) (Gluten Free Garlic Bread contains Soya may contain Mustard and Lupin)</i> <hr/> 2. Toasted Cheese sandwich packed lunch <input type="checkbox"/> <i>(Bread contains Gluten, Wheat, and Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Chocolate Orange Brownie <hr/>	Main Meal (required) 1. Beef Burger in a bun, Potato wedges, Cucumber sticks and Ketchup <input type="checkbox"/> <i>(Beef Burger contains Gluten and Wheat) (Gluten Free Burger Homemade) (Buns contains Gluten, Wheat, and Sesame) (Gluten Free Buns contains Egg)</i> <hr/> V. Meat Free Burger in a bun, Potato wedges, Cucumber sticks and Ketchup <input type="checkbox"/> <i>(Meat Free Burger contains Gluten, Wheat may contain Mustard) (Gluten Free Garden Burger Available) (Bun contains Gluten, Wheat, and Soya) (Gluten Free Bun contains Egg)</i> <hr/> 2. Salmon salad, Crackers and Potato Salad <input type="checkbox"/> <i>(Gluten Free crackers contains Soya)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Soya Yoghurt and <hr/>	Main Meal (required) 1. Chicken and Vegetable Pie, Baby New Potatoes, Carrots, Broccoli, and Gravy <input type="checkbox"/> <hr/> V. Vegetable Pie, Baby New Potatoes, Carrots, Broccoli, and Gravy <input type="checkbox"/> <i>(Vegetable Pie contains Celery)</i> <hr/> 2. Ham Wrap packed lunch <input type="checkbox"/> <i>(Wraps contain Gluten, Wheat and may contain Sulphur Dioxide) (Gluten Free wrap contains Non)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Cookie <input type="checkbox"/> B. Fruit <hr/>	Main Meal (required) 1. Fish, chips, peas, and ketchup <input type="checkbox"/> <i>(Fish contains Fish)</i> <hr/> V. Vegetable Enchiladas, chips, peas, and ketchup <input type="checkbox"/> <i>(Wraps contain Gluten and Wheat) (Gluten Free wraps Non)</i> <hr/> 2. Jacket Potato filled with Vegetable Chilli, Side salad and Bread <input type="checkbox"/> <i>(Bread contains Gluten, Wheat, and Soya) (Gluten Free Bread contains Soya may contain Mustard and Lupin)</i> <hr/> Dessert (required) <input type="checkbox"/> A. Apple Flap Jack <input type="checkbox"/> B. Fruit <hr/>

B. Fruit

Mandarins

B. Fruit