



**Chartwells Allergy Aware Menu**  
**SPRING SUMMER 2019**

This menu contains  
**MILK, SULPHITES, FISH, SOYA & MUSTARD**

**Allergen warnings are shown in RED**

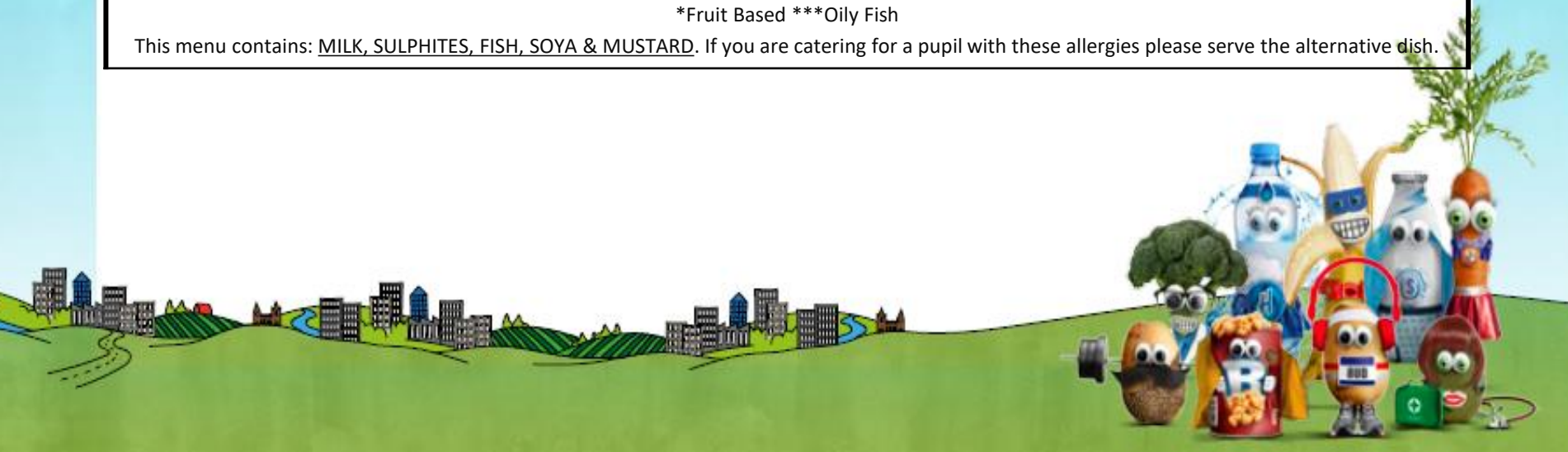


# Wales Primary Spring/Summer 2019 Menu

## ALLERGY AWARE Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	GF Tomato & Mozzarella Pizza <b>CONTAINS MILK</b> <b>CONTAINS SULPHITES</b> <i>With Plain Jacket Wedges</i>	Chicken Tikka Masala <i>with Rice **</i> <b>CONTAINS MUSTARD</b>	Roast Chicken <i>with Roast Potatoes &amp; Gravy</i>	Pasta Bolognaise <b>CONTAINS SOYA</b>	GF Fish Fingers & Chips <b>CONTAINS FISH</b> <i>with Chips</i>
Alternative Dish	Jacket Potato with Baked Beans OR Jacket Potato with Cheese <b>CONTAINS MILK</b> OR Jacket Potato with Tuna <b>CONTAINS FISH</b>				
Vegetables	Baked Beans Sweetcorn	Green Beans Mediterranean Vegetables	Carrots Sweetcorn	Peas Seasonal Vegetables	Sweetcorn Baked Beans
Desserts	Orange & Mango Frozen Smoothie	Peach & Pineapple Slices* <i>with Rice Milk Custard</i>	Vanilla Crispy Bar <i>with Fruit Slices *</i>	Chocolate Crispy	Raspberry Frozen Smoothie
Cool Water, Fresh Fruit and Yoghurt <b>CONTAINS MILK</b> available daily *Fruit Based ***Oily Fish This menu contains: MILK, SULPHITES, FISH, SOYA & MUSTARD. If you are catering for a pupil with these allergies please serve the alternative dish.					



# Wales Primary Spring/Summer 2019 Menu

## ALLERGY AWARE Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mediterranean Tart <b><u>CONTAINS MILK</u></b> with Plain Jacket Wedges	GF Chicken Sausages <b><u>CONTAINS SULPHITES</u></b> with Plain Mashed Potato	Roast Turkey with Roast Potatoes & Gravy	GF Pasta Bolognese ** <b><u>CONTAINS SOYA</u></b>	GF Fish Fillet & Chips <b><u>CONTAINS FISH</u></b> with Chips
Alternative Dish	Jacket Potato with Baked Beans OR Jacket Potato with Cheese ( <b><u>CONTAINS MILK</u></b> ) OR Jacket Potato with Tuna ( <b><u>CONTAINS FISH</u></b> )				
Vegetables	Peas Baked Beans	Roasted Peppers and Sweetcorn Baked Beans	Cabbage Broccoli	Broccoli Sweetcorn	Peas Sweetcorn
Desserts	Chocolate Crispy	Rice Pudding With Strawberries	Vanilla Crispy Bar with Fruit Slices *	Orange & Mango Frozen Smoothie	Raisins & Sultanas
Cool Water, Fresh Fruit and Yoghurt ( <b><u>CONTAINS MILK</u></b> ) available daily *Fruit Based ***Oily Fish This menu contains: <u>MILK, SULPHITES, FISH, SOYA &amp; MUSTARD</u> . If you are catering for a pupil with these allergies please serve the alternative dish					



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## ALLERGY AWARE Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Korma <b>CONTAINS MUSTARD</b> with Rice **	GF Chicken and Sweetcorn Pizza <b>CONTAINS MILK</b> <b>CONTAINS SULPHITES</b> with Jacket Wedges	Roast Pork with Roast Potatoes & Gravy	GF Chicken Sausages <b>CONTAINS SULPHITES</b> with Plain Jacket Wedges	GF Fish Fillet & Chips <b>CONTAINS FISH</b> with Chips
Alternative Dish	Jacket Potato with Baked Beans OR Jacket Potato with Cheese ( <b>CONTAINS MILK</b> ) OR Jacket Potato with Tuna ( <b>CONTAINS FISH</b> )				
Vegetables	Broccoli Sweetcorn	Peas Mediterranean Vegetables	Broccoli Cabbage	Baked Beans Sweetcorn	Baked Beans Peas
Desserts	Peach Slices in Juice With Rice Milk Custard	Vanilla Crispy Bar	Raspberry Frozen Smoothie	Baked Apple & Berries with Rice Milk Custard	Chocolate Crispy with Fruit Slices *

Cool Water, Fresh Fruit and Yoghurt (**CONTAINS MILK**) available daily

\*Fruit Based \*\*\*Oily Fish

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