



New Brighton Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sausage & Mash Choose from a Butcher's quality sausage or Quorn sausage served with mashed potatoes, peas, and gravy</p>	 <p>Chilli Nachos Choose from either fresh minced beef or Veggie mince cooked with onions, mild chilli powder, red peppers and red kidney beans & nachos and served on a bed rice.</p>	 <p>Roast Dinner Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	 <p>Lasagne Choose from fresh minced beef or Quorn mince cooked with onions, garlic, tomatoes and herbs, layered between pasta sheets, topped with a bechamel sauce and baked in the oven. Served with garlic bread and salad</p>	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.</p> 
<p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday</p> <p>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert</p> <p>Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink</p> <p>A selection of fruit juices and water will be available daily</p>				

DISHES AND THEIR ALLERGEN CONTENT New Brighton Week 3

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage and Mash		✓					✓							✓
Smothered Chicken		✓			✓		✓							
Smothered Quorn		✓												
Roast Gammon & Yorkshire puds		✓		✓			✓							
Quorn Roast														
Chilli Nachos							✓							
Quorn Chilli		✓		/										
Salmon					✓									
Battered Fish & chips		✓			✓									
Fish fingers & chips		✓			✓									
Chocolate Surprise		✓		✓			✓							
Fruit crumble & custard		✓					✓							
Jelly & cream							✓							
Iced Sponge		✓		✓			✓							
Hobnobs		✓		✓			✓							

Review date:

Reviewed by:



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