Primary School Menu Matrix
September 2026 – JULY 2027

! = possible contamination √ = does contain **PLEASE CHECK ALL PACKAGING THOROUGHLY**

Menu Item	Cereals (Gluten)	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs	MEAL NUMBERS
Main Meal WK 1 Mon-Fri	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	Mu	Se	Su	Lu	Mo	
Breakfast Muffin JJS VEG869	√		√				√				!				
Homemade 5 A-Day-Pizza (Bread Mix)	√		!			√	√								
Greek Style Crumbed Moussaka	√						√								
Spaghetti Bolognaise with Garlic Bread	√														
One Pot Power Pasta JJS QUORN VEG143	!✓		√			!	!		✓			!			
Chicken with Yorkshire Pudding JJS CHI738	√		√				√								
Cheese and Vegetable Picnic Quiche	√		√				√			✓					
Homemade Chicken and Lentil Curry, Rice and Naan Bread Freemans	√		√			√	√		!			!			
Quorn Salad Crunch Wrap	√		√			!	!					√			
Big Tasty Fishcake JJS FSH709	√			√											
Main Meal WK 2 Mon-Fri	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	Mu	Se	Su	Lu	M0	
Golden Quorn Dippers JJS VEG966	√		!			!	!					!			
Crunchy Macaroni Cheese with Garlic Bread	√						√								
Sri Lankan Sweet Potato and Coconut Curry	√						√								
Carrot and Pork Meatballs JJS POR088												√			

Pasta Pomodoro with crunchy salad	√														
Beef Mince and Dumpling Freemans	√														
Chilli and Rice Burrito Bonanza JJS250	√					√									
Sausage Freemans	√											√			
Bubble Coated Fish JJS FSH784															
Chef's Special Margherita Pizza	√		√			√	√								
Main Meal WK 3 Mon-Fri															
Garden Fresh Bolognaise served with Pasta JJS VGT250	√					√									
Quorn Sausage VEG965	√		!			!	!					!			
Pizza Pocket Jacket Potatoes							√								
Barbeque Chicken Fillets JJS CHI822															
Planet Friendly Pasta Bake	√						√								
Savoury Mince and Yorkshire Pudding Freemans	√		√				√								
Omelette of the Week with Crunchy Salad			√				√								
Top crust Steak Pie Freemans	√		√												
Fiesta Chilli with Rainbow Rice JJS VGT250	√					√									
Golden Baked Fish Finger FSH560	√			√		√									
Desserts WK 1 Mon-Fri	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	Mu	Se	Su	Lu	Mo	
Decorated Biscuit	√														
Chocolate Muffin	√					√	!								

Fruit Jelly Sundae	√						√								
Sweet Potato Cake	√						!								
Fruity Friday															
Desserts WK 2 Mon-Fri															
Rainbow Cookies	√														
Various Ice Cream							√								
Homemade Chocolate Steam sponge and Custard	√		√				√								
Caramel Slice	√						√								
Fruity Friday															
Desserts WK 3 Mon-Fri															
Golden Fruity Flapjack															
Arctic Strawberry Ice Cream Roll JJS ICE056	√		√			√	√								
Fruity Iced Dessert							√								
Decorated Marble Cake	√		√			√	√								
Fruity Friday															
Vegetables & Accompaniments	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	Mu	Se	Su	Lu	Mo	
Baked potato wedge															
Baked potato with cheese							√								
Baked Potato with margarine **Dawn Phase**															
Boiled potatoes															
Chips															
Creamed potatoes							√								
Garlic potato wedge															
Herb diced potatoes															
Mediterranean diced potatoes															
Oven roast potatoes															
Pasta	√														
Savoury noodles hot	√		√	!		√	√		√						
Savoury pasta hot	√			!		√	!		√						

Spicy oven roast potatoes															
Sunshine rice															
White Rice															
Cheese triangle							√								
Crackers	√														
SANDWICH FILLINGS – PLEASE CHECK BREAD PRODUCT SPECS LOCATED IN BACK OF ALLERGEN FILE															
Cheese							√								
Cheese savoury/mayo or salad cream			√				√			√					
Chicken sliced Freemans															
Chicken/mayo or salad cream fresh chicken from Freemans			√				√			√					
	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	Mu	Se	Su	Lu	Mo	No's
Egg/mayo or salad cream			√							√					
Sliced Ham **Freemans**															
Tuna				√											
Tuna/mayo or salad cream			√	√			√			√					
Sliced Turkey **Freemans**															
Any Fresh Fruit															
Coleslaw with mayo/salad cream			√							√					
Couscous (veg)	√														
Cucumber															
Egg salad with mayo/salad cream	√		√			!	√			√	!				
Eggs (boiled)			√												
Lettuce															
Pasta salad with vegetables (except celery)	√														
Pasta salad with vegetables (except celery) and	√		√							√					

Pasta salad with fish, mayo/salad cream	√		√	√						√				
Pasta salad with fish no – mayo/salad cream	√			√						√				
Peppers														
Potato salad			√							√				
Rice salad with any vegetable (except celery)														
Rice salad with Tuna or salmon				√										
Tomato														

Gluten Free Items	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	M	Se	Su	Lu	Mo
Doves plain flour (170618) 1kg														
Doves self-rising flour (170620) 1kg														
Pasta (free from gluten) Maize and rice fusilli (218011)														
Turkey Sausages Hopwells (4701)														
Fish finger – Ross The Ultimate Fish Finger 30g (3323)				√										
Baking powder G/F														
G/F battered fish fillet (4111)			√	√										

Gluten free - Recipes available from your Area Catering Officer														
Gluten Free Recipes	Gl	Cr	Eg	Fi	Pe	So	Mi	Nu	Ce	M	Se	Su	Lu	Mo
Yorkshire Pudding			√				√							
G/F Short crust pastry			√											
G/F Cup cakes														
G/F Free Crumble														
G/F Apple Muffins							√					!		
G/F Chocolate biscuit			√											