ALLERGENS

Sheringham Primary School

Autumn/Winter 2026/27

WEEK 1

CLUB

Planet Friendly Monday

Mexican Bean & Salsa Wrap
Cereals containing gluten (wheat), Milk

Lentil Bolognese Bake
Cereals containing gluten, Celery
may contain Cereals containing gluten (wheat)

PUDDING

Fruit Salad & Frozen Yoghurt (Strawberry)
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Garlic Slice
Cereals containing gluten (wheat, spelt, kamut)
may contain Milk, Soya

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

Dhal & Crispy Chickpeas with Rice & Raita
Cereals containing gluten, Milk
may contain Cereals containing gluten (wheat)

Chicken Sausages in Gravy
Cereals containing gluten, Soya, Sulphur dioxide
may contain Mustard

PUDDING

Pears with Yoghurt
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Wednesday

Roast Chicken & Stuffing
Cereals containing gluten (wheat, spelt, kamut)

Vegetable Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten

PUDDING

Mango Rice Pudding
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Thursday

Calzone Pizza Slice
Cereals containing gluten (barley), Milk
may contain Cereals containing gluten (oats, rye), Milk

Chicken & Sweetcorn Meatballs with Rice
Free from all 14

PUDDING

Apple & Cinnamon Crumble with Custard
Cereals containing gluten (wheat, oats, spelt, kamut)
may contain Cereals containing gluten (barley, rye), Soya

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Sweetcorn
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

Vegetable Keema Naan & Raita
Cereals containing gluten (wheat, spelt, kamut), Milk, Soya

Salmon & Sweet Potato Fishwich
Cereals containing gluten (wheat, spelt, kamut), Egg, Fish
may contain Sesame

PUDDING

Banana Split
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Garden Peas
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

V Vegetarian PB Plant Based

The 14 major allergens only. We declare celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soya and sulphur dioxide. **Our kitchens are nut free** — we never cook with nuts or peanuts, although trace contamination cannot be fully ruled out. A child with a food allergy or a medical diet is served from their own individual menu, not from this sheet. Ingredients can change, so always check the packaging before serving. Any questions, contact medical.diets@juniperventures.co.uk

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ALLERGENS

Sheringham Primary School

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WEEK 2

CLUB

Planet Friendly Monday

Cauliflower Mac & Cheese
Cereals containing gluten (wheat, spelt, kamut), Celery, Milk, Mustard

may contain Soya

Jacket Potato with Cheese & Beans
Milk

PUDDING

Strawberry Mousse with Seasonal Fruit
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya

may contain Lupin, Mustard, Soya

Tuesday

Mexican Bean & Salsa Wrap
Cereals containing gluten (wheat), Milk

Jollof Rice with Lamb & Vegetables
Free from all 14

PUDDING

Mandarin Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Carrots
free from all 14

Green Beans
free from all 14

Focaccia
Cereals containing gluten (wheat), Soya

may contain Egg, Milk

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya

may contain Lupin, Mustard, Soya

Wednesday

Creole Style Jambalaya
Free from all 14

Greek Style Chicken Souvlaki (AF)
Free from all 14

PUDDING

Fresh Fruit with Ice Cream
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya

may contain Lupin, Mustard, Soya

Thursday

Eat Curious Burger in a Bun
Cereals containing gluten (wheat, spelt, kamut)

may contain Sesame

Coronation Quorn Wrap with Crunchy 'Slaw
Cereals containing gluten (wheat)

PUDDING

Jam & Coconut Sponge
Cereals containing gluten (wheat, spelt, kamut), Milk, Sulphur dioxide

may contain Cereals containing gluten (barley, oats, rye), Soya

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Baked Beans Side Dish
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya

may contain Lupin, Mustard, Soya

Friday

Indian Style Sausage Roll
Cereals containing gluten (wheat), Soya, Sulphur dioxide

may contain Cereals containing gluten, Lupin, Mustard, Soya

Fish in Batter
Cereals containing gluten (wheat), Fish

PUDDING

Peach Melba Crunch
Cereals containing gluten (oats), Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Garden Peas
free from all 14

Sweetcorn
free from all 14

Chips
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya

may contain Lupin, Mustard, Soya

V Vegetarian PB Plant Based

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WEEK 3

CLUB

Planet Friendly Monday

Vegetable & Lentil Lasagne
Cereals containing gluten (wheat), Milk, Mustard, Soya
may contain Egg, Mustard, Soya

Crushed Chickpea & Sweetcorn Mayo Wrap
Cereals containing gluten (wheat)

PUDDING

Lemon & Courgette Cake
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Soya

Yoghurt
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

Brunch Special
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk
may contain Cereals containing gluten, Milk

Greek Macaroni
Cereals containing gluten (wheat, spelt, kamut), Celery, Milk, Mustard
may contain Soya

PUDDING

Banana Mouse with Mango & Pineapple
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Wednesday

Vegetable Samosa, Rice, Dhal & Raita
Cereals containing gluten (wheat, spelt, kamut), Milk

Roast Turkey & Yorkshire Pudding
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk

PUDDING

Bursting Berry Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Thursday

Lentil, Coconut & Butternut Squash Curry with Rice
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

Jacket Potato — Tuna & Sweetcorn
Egg, Fish

PUDDING

Eve's Pudding
Cereals containing gluten (wheat), Egg
may contain Soya

Custard
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Sweetcorn
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

Cheese & Tomato Pizza
Cereals containing gluten (wheat, spelt, kamut), Milk

Tandoori Chicken in Pitta with Salad
Cereals containing gluten (wheat, spelt, kamut)
may contain Cereals containing gluten (barley), Celery, Lupin, Milk, Mustard, Soya, Sulphur dioxide

PUDDING

Fresh Fruit with Ice Cream
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Garden Peas
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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