

Thurrock primary school menus – April 2019 to October 2019

Recipes with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 1																										
Baked beans																										
Organic baked beans																										
Beef burger in a bun												Y		Y		Y									Y	
Kara burger bun												Y		Y		Y									Y	
Beef burger (2oz)												Y													Y	
Cheesy wrap stack												Y								Y					Y	Y
All-purpose seasoning												Y								Y					Y	Y
Frozen tortilla wraps												Y													Y	
Mild white cheddar cheese																				Y						
Mixed peppers																										
Red onions																										
Chips																										
McCain signature gluten free chips																										
Country mixed vegetables																										
Mixed vegetables																										
Custard														Y	Y					Y						

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Week 1																										
Custard powder																										
Granulated sugar															Y											
Semi- skimmed milk																				Y						
Fish fingers												Y										Y				
Young's fish fingers												Y										Y				
Fresh broccoli																										
Broccoli																										
Fresh carrots																										
Fresh carrots bch																										
Fresh cauliflower																										
Cauliflower																										
Fresh spring greens																										
Spring greens																										
Frozen yoghurt																					Y					
Frozen strawberry yoghurt																					Y					
Frozen toffee yoghurt																					Y					

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Week 1																										
Fruit jelly																										
Fruit cocktail in juice																										
McDougall's vegetarian raspberry jelly crystals																										
Gravy																										
Knorr gravy granules																										
Tap water																										
Ham and cucumber roll												Y		Y		Y					Y					Y
Cucumber																										
Flora original spread																					Y					
Kara burger bun												Y		Y		Y										Y
Sliced ham (gammon)																										
Ham and tomato roll												Y		Y		Y					Y					Y
Flora original spread																					Y					
Kara burger bun												Y		Y		Y										Y
Sliced ham (gammon)																										
Tomatoes																										

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Week 1																										
Ham roll												Y		Y		Y					Y				Y	
Flora original spread																					Y					
Kara burger bun												Y		Y		Y									Y	
Sliced ham (gammon)																										
Ham sandwich on whole meal bread			Y									Y		Y		Y					Y				Y	
Flora original spread																					Y					
Sliced ham (gammon)																										
Thick slice wholemeal loaf			Y									Y		Y		Y									Y	
Ham wrap												Y									Y				Y	
Frozen tortilla wraps												Y													Y	
Flora original spread																					Y					
Sliced ham (gammon)																										
Homemade cheese and tomato pizza												Y									Y				Y	Y
Courgettes																										
Mild white cheddar																					Y					
Fresh carrots bch																										

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Week 1																										
McDougall's soft bap mix												Y													Y	
Tap water																										
Tomato based sauce																										Y
Homemade oat and raisin cookie												Y			Y					Y			Y		Y	
Baking powder												Y													Y	
Plain flour												Y													Y	
Seedless raisins																										
Caster sugar															Y											
Porridge oats																										
Demerara sugar																										
Flora original spread																				Y						
Free range eggs medium size																							Y			
Homemade vegetable biryani																										
Broccoli florets																										
Vegetable oil																										
Cauliflower																										

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Week 1																										
Coriander																										
Chickpeas																										
Curry powder																										
Diced carrots																										
Easy cook basmati rice																										
Ginger (fresh)																										
Onions																										
Peas																										
Riverdene chopped tomatoes																										
Simplea garlic puree																										
Sweet pots (orange flesh)																										
Tap water																										
Jacket potato baked beans																										
Baked beans																										
Jacket potatoes																										
Jacket potato tuna mayonnaise																							Y	Y		

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Week 1																										
Real mayonnaise from free range eggs																							Y			
Jacket potatoes																										
Fairer fish – tuna in brine																						Y				
Jacket potato with cheese																				Y						
Mild white cheddar																				Y						
Jacket potatoes																										
Jacket with baked beans and cheese																				Y						
Baked beans																										
Mild white cheddar																				Y						
Jacket potatoes																										
Marble sponge												Y			Y					Y			Y		Y	
Cocoa powder																										
Self-raising flour												Y													Y	
Caster sugar															Y											
Eggs – medium free range																							Y			
Flora original spread																				Y						

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Week 1																										
Vanilla essence																										
Oven baked potato wedges																										
Vegetable oil																										
McCain skin on wedges																										
Pasta												Y													Y	
Penne												Y													Y	
Vegetable oil																										
Peaches and ice cream																					Y					
Peach slices in juice																										
Vanilla ice cream catering brick																					Y					
Peas																										
Peas																										
Potato smiles																										
McCain classics smile																										
Quorn burger in a bun			Y									Y		Y	Y	Y				Y			Y		Y	
Kara burger bun												Y		Y		Y							Y		Y	

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Week 1																										
Quorn burger			Y									Y			Y					Y				Y		
Roast chicken fillet																										Y
All-purpose seasoning																										Y
Vegetable oil																										
Sliced chicken fillets																										
Roast chicken thigh (boneless)																										Y
All-purpose seasoning																										Y
Boneless chicken thigh																										
Vegetable oil																										
Roast potatoes																										
Vegetable oil																										
Jacket potatoes																										
Roast Quorn fillet																		Y					Y			
Barbecue sauce																		Y								
Quorn fillets																							Y			
Spanish omelette																				Y			Y			Y

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Week 1																										
Flora original spread																				Y						
Free range eggs – medium size																							Y			
Jacket potatoes																										
Knorr vegetable stock cubes																										Y
Mixed peppers																										
Onions red																										
Sticky sausages												Y		Y	Y											
Clear honey																										
Pork sausages												Y		Y	Y											
Sweetcorn cobette																										
Mini sweetcorn cobs																										
Sweetcorn																										
Sweetcorn																										
Tomato and basil pasta bake												Y								Y					Y	Y
Basil (fresh)																										
Penne												Y													Y	

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Week 1																										
Vegetable oil																										
Mild white cheddar																					Y					
Knorr vegetable stock cubes																										Y
Onions																										
Organic chopped tomatoes																										
Simplea garlic puree																										
Tap water																										
Tomato puree																										
Vegetable Bolognese																										Y
All-purpose seasoning																										Y
Basil (fresh)																										
Button mushroom																										
Split red lentils																										
Vegetable oil																										
Country range garlic puree																										
Courgettes																										

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Week 1																										
Fresh carrots bch																										
Knorr vegetable stock cubes																										Y
Onions																										
Organic chopped tomatoes																										
Tap water																										
Tomato puree																										
Yorkshire pudding												Y								Y			Y		Y	
Yorkshire pudding 2"												Y								Y			Y		Y	

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Week 2																										
Apple and sultana puff												Y			Y								Y		Y	
Solid pack apples																										
Sultanas																										
Caster sugar															Y											
Demerara sugar																										
Eggs – medium free range																							Y			
Ground cinnamon																										
Jusrol puff pastry sheets												Y													Y	
Baked beans																										
Organic baked beans																										
Battered fish fillet												Y											Y		Y	
Harry Ramsden's battered fillet												Y										Y		Y		
Beef Bolognese																										Y
Mixed herbs																										
Courgettes																										
Free flow beef mince																										

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Week 2																										
Fresh carrots bch																										
Knorr vegetable stock cubes																										Y
Onions																										
Organic chopped tomatoes																										
Simplea garlic puree																										
Tap water																										
Tomato puree																										
Bird's Eye vegetable fingers												Y													Y	
Bird's Eye pre-fried vegetable fingers												Y													Y	
Broccoli and cheese quiche												Y								Y			Y		Y	Y
All-purpose seasoning																										Y
Broccoli																										
Plain flour												Y													Y	
Mild white cheddar																				Y						
Flora original spread																				Y						
Free range eggs – medium size																							Y			

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Week 2																										
Onions																										
Semi-skimmed milk																				Y						
Tap water																										
Chips																										
McCain signature gluten-free chips																										
Country mixed vegetables																										
Mixed vegetables																										
Custard														Y	Y					Y						
Custard powder																										
Granulated sugar															Y											
Semi-skimmed milk																				Y						
Fresh broccoli																										
Broccoli																										
Fresh carrots																										
Fresh carrots bch																										
Fresh cauliflower																										

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Week 2																										
Cauliflower																										
Fresh seasonal green cabbage																										
Green cabbage																										
Frozen fruit smoothie																										
Iced smoothie mango and orange																										
Iced smoothie raspberry																										
Iced smoothie strawberry																										
Fruit cocktail and ice cream																				Y						
Fruit cocktail in juice																										
Vanilla ice cream catering brick																				Y						
Fruit jelly																										
Fruit cocktail in juice																										
McDougall's vegetarian raspberry jelly crystals																										
Gravy																										
Knorr gravy granules																										
Tap water																										

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Week 2																										
Homemade cheese and tomato pizza												Y								Y					Y	Y
Courgettes																				Y						
Mild white cheddar																				Y						
Fresh carrots bch																										
McDougall's soft bap mix												Y													Y	
Tap water																										
Tomato-based sauce																										Y
Homemade orange shortbread												Y			Y					Y					Y	
Plain flour												Y													Y	
Caster sugar															Y											
Flora original spread																				Y						
Oranges																										
Honey-glazed gammon																										
Clear honey																										
Gammon joint																										
Tap water																										

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Week 2																										
Italian potato bake																					Y					Y
All-purpose seasoning																										Y
Mixed herbs																										
Chopped tomatoes																										
Mild white cheddar																					Y					
Jacket potatoes																										
Knorr vegetable stock cubes																										Y
Onions																										
Simplea garlic puree																										
Tomato puree																										
Jacket potato baked beans																										
Baked beans																										
Jacket potatoes																										
Jacket potato tuna mayonnaise																							Y	Y		
Real mayonnaise from free range eggs																							Y			
Jacket potatoes																										

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Week 2																										
Fairer fish – tuna in brine																							Y			
Jacket potato with cheese																					Y					
Mild white cheddar																					Y					
Jacket potatoes																										
Jacket with baked beans and cheese																					Y					
Baked beans																										
Mild white cheddar																					Y					
Jacket potatoes																										
Peas																										
Peas																										
Plain rice																										
Vegetable oil																										
Easy cook basmati rice																										
Tap water																										
Potato puffs																										
Potato puffs																										

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Week 2																										
Quorn meatballs in tomato sauce												Y											Y		Y	Y
Mixed herbs																										
Pasta spirals												Y													Y	
Vegetable oil																										
Chopped tomatoes																										
Ground white pepper																										
Knorr vegetable stock cubes																										Y
Onions																										
Quorn Swedish-style meatballs												Y											Y		Y	
Simplea garlic puree																										
Tap water																										
Tomato puree																										
Quorn sausage												Y									Y		Y		Y	
Quorn sausage												Y									Y		Y		Y	
Roast potatoes																										
Vegetable oil																										

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Week 2																										
Jacket potatoes																										
Roasted root vegetables																										
Beetroot raw																										
Fresh carrots bch																										
Onions																										
Parsnips																										
Swede																										
Smoky barbecue chicken fillet																		Y								
Barbecue sauce																	Y									
Sliced chicken fillets																		Y								
Smoky barbecue chicken thigh																		Y								
Chicken thighs fresh																										
Barbecue sauce																		Y								
Sweet potato and butternut squash tart													Y							Y					Y	Y
Butternut squash													Y							Y						
Plain flour													Y												Y	

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Week 2																										
Flora original spread																				Y						
Fresh carrots																										
Garlic fresh																										
Jacket potatoes																										
Knorr vegetable stock cubes																										Y
Mature white cheddar																				Y						
Mild white cheddar cheese																				Y						
Onions																										
Puff pastry squares												Y														Y
Semi-skimmed milk																				Y						
Sweet pots (orange flesh)																										
Sweetcorn																										
Sweetcorn																										
Tuna and lettuce roll																				Y		Y	Y			
Real mayonnaise from free range eggs																							Y			
Flora original spread																				Y						

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Week 2																										
Iceberg lettuce																										
Fairer fish – tuna in brine																							Y			
Tuna and lettuce wrap												Y										Y	Y		Y	
Frozen tortilla wraps												Y													Y	
Real mayonnaise from free range eggs																							Y			
Iceberg lettuce																										
Fairer fish – tuna in brine																							Y			
Tuna and sweetcorn sandwich			Y									Y		Y		Y				Y		Y	Y		Y	
Real mayonnaise from free range eggs																							Y			
Flora original spread																				Y						
Fairer fish – tuna in brine																							Y			
Sweetcorn																										
Thick slice wholemeal loaf			Y									Y		Y		Y									Y	
Tuna sandwich with whole meal bread			Y									Y		Y		Y				Y		Y	Y		Y	
Real mayonnaise from free range eggs																							Y			
Cucumber																										

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Week 2																										
Flora original spread																				Y						
Fairer fish – tuna in brine																						Y				
Thick slice wholemeal loaf			Y									Y		Y		Y									Y	
Vegetable chilli taco			Y									Y											Y		Y	Y
Baked beans																										
Kidney beans																										
Chilli powder																										
Frozen tortilla wraps												Y													Y	
Ground cumin																										
Fresh carrots bch																										
Knorr vegetable stock cubes																										Y
Mixed peppers																										
Onions																										
Organic chopped tomatoes																										
Quorn mince			Y																				Y		Y	
Simplea garlic puree																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens Week 2	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Tomato puree																										
Yorkshire pudding												Y								Y			Y		Y	
Yorkshire pudding 2"												Y								Y			Y		Y	

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery	
	Week 3																										
Baked beans																											
Organic baked beans																											
Battered fish fillet												Y											Y			Y	
Harry Ramsden's battered fillet												Y											Y			Y	
Birds eye salmon fingers												Y											Y			Y	
Birds eye salmon finger												Y											Y			Y	
Lemons																											
Cajun potato wedges																											
Vegetable oil																											
Blackened Cajun seasoning																											
Jacket wedges																											
Carrot and orange cake – dairy-free												Y												Y		Y	
Bicarbonate of soda																											
Baking powder												Y														Y	
Sultanas																											
Vegetable oil																											

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Self-raising flour												Y													Y	
Free range eggs medium size																							Y			
Fresh carrots																										
Ground cinnamon																										
Ground mixed spice																										
Light soft brown sugar																										
Oranges																										
Cheese and cucumber sandwich			Y									Y		Y		Y				Y					Y	
Mild white cheddar																				Y						
Cucumber																										
Flora buttery spread																				Y						
Thick slice wholemeal loaf			Y									Y		Y		Y									Y	
Cheese roll												Y		Y		Y				Y					Y	
Mild white cheddar																				Y						
Flora original spread																				Y						
Kara burger bun												Y		Y		Y									Y	

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Cheese wrap												Y								Y					Y	
Frozen tortilla wraps												Y													Y	
Mild white cheddar																				Y						
Flora original spread																				Y						
Chicken korma with rice															Y											Y
Vegetable oil																										
Carrots medium																										
Chicken breast diced																										
Coconut milk																										
Coriander																										
Country range garlic puree																										
Turmeric																										
Curry powder																										
Desiccated coconut															Y											
Diced frozen mixed peppers																										
Easy cook basmati rice																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Ginger (fresh)																										
Jacket potatoes																										
Knorr vegetable stock cubes																										Y
Onions																										
Chips																										
McCain signature gluten-free chips																										
Country mixed vegetables																										
Mixed vegetables																										
Fresh carrots																										
Fresh carrots bch																										
Fresh seasonal green cabbage																										
Green cabbage																										
Fruit cocktail and ice cream																					Y					
Fruit cocktail in juice																										
Vanilla ice cream catering brick																					Y					
Fruit jelly																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Fruit cocktail in juice																										
McDougall's vegetarian raspberry jelly crystals																										
Gravy																										
Knorr gravy granules																										
Tap water																										
Ham pasta carbonara												Y								Y					Y	Y
Penne												Y													Y	
Plain flour												Y													Y	
Mild white cheddar																				Y						
Gammon joint																				Y						
Flora original spread																				Y						
Knorr vegetable stock cubes																										Y
Onions																										
Semi-skimmed milk																										
Homemade beef lasagne												Y						Y		Y					Y	Y
Lasagne												Y													Y	

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Mixed herbs																										
Plain flour												Y													Y	
Mild white cheddar																				Y						
Flora original spread																				Y						
Free flow beef mince																										
Fresh carrots																										
Knorr vegetable bouillon paste																										Y
Mustard																		Y								
Onions																										
Organic chopped tomatoes																										
Semi-skimmed milk																				Y						
Simplea garlic puree																										
Tap water																										
Tomato puree																										
Homemade cheese and tomato pizza												Y								Y					Y	Y
Courgettes																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Mild white cheddar																				Y						
Fresh carrots bch																										
McDougall's soft bap mix												Y													Y	
Tap water																										
Tomato-based sauce																										Y
Homemade macaroni cheese												Y						Y		Y					Y	Y
Macaroni												Y													Y	
Plain flour												Y													Y	
Mild white cheddar																					Y					
Flora original spread																					Y					
Knorr vegetable bouillon paste																										Y
Mustard																		Y								
Semi- skimmed milk																					Y					
Tap water																										
Honey-glazed gammon																										
Clear honey																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Gammon joint																										
Tap water																										
Ice cream tubs														Y						Y						
Sunscreen vanilla ice cream tubs 100ml														Y						Y						
Jacket potato baked beans																										
Baked beans																										
Jacket potatoes																										
Jacket potato tuna mayonnaise																						Y	Y			
Real mayonnaise from free range eggs																							Y			
Jacket potatoes																										
Fairer fish – tuna in brine																						Y				
Jacket potato with cheese																				Y						
Mild white cheddar																				Y						
Jacket potatoes																										
Jacket potatoes																										
Jacket potatoes																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens																										
	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Jacket with baked beans and cheese																				Y						
Baked beans																										
Mild white cheddar																				Y						
Jacket potatoes																										
Organic apple lolly																										
Pip organic fruity apple lollies																										
Peas																										
Peas																										
Potato puffs																										
Potato puffs																										
Potato smiles																										
McCain classics smile																										
Quorn sausage												Y								Y			Y		Y	
Quorn sausage											Y									Y			Y		Y	
Roast potatoes																										
Vegetable oil																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Jacket potatoes																										
Roasted root vegetables																										
Beetroot raw																										
Fresh carrots bch																										
Onions																										
Parsnips																										
Swede																										
Sweet potato and butternut squash tart												Y								Y					Y	Y
Butternut squash																										
Plain flour												Y													Y	
Flora original spread																				Y						
Fresh carrots																										
Garlic fresh																										
Jacket potatoes																										
Knorr vegetable stock cubes																										Y
Mature white cheddar																				Y						

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Mild white cheddar cheese																				Y						
Onions																										
Puff pastry squares												Y													Y	
Semi-skimmed milk																				Y						
Sweet pots (orange flesh)																										
Sweetcorn cobette																										
Mini sweetcorn cobs																										
Sweetcorn																										
Sweetcorn																										
Vegetable chow mein												Y		Y									Y		Y	Y
Egg noodles												Y											Y		Y	
Beanshoots																										
Button mushroom																										
Courgettes																										
Chickpeas																										
Fresh carrots																										

Thurrock primary school menus – April 2019 to October 2019

Menu listing with allergens	Rye	Oats	Barley	Walnuts	Pistachio Nuts	Pecan Nuts	Macadamia Nuts	Hazelnuts	Cashew Nuts	Brazil Nuts	Almonds	Wheat	Nuts	Soya	Sulphur Dioxide and Sulphites	Sesame	Peanuts	Mustard	Molluscs	Milk	Lupin	Fish	Eggs	Crustaceans	Cereals containing Gluten	Celery
Week 3																										
Knorr vegetable stock cubes																										Y
Mixed peppers																										
Onions																										
Simplea garlic puree																										
Soy sauce														Y												
Spring onions																										
Vegetarian sausage roll												Y		Y											Y	Y
Vegetarian sausage rolls 4"												Y		Y											Y	Y
Yorkshire pudding												Y								Y			Y		Y	
Yorkshire pudding 2"												Y								Y			Y		Y	