































HSG39 Summer Menu - Week 1
Allergen Information

 Week 1														
	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seed	Sulphur Dioxides and/or Sulphites	Lupin	Molluscs
Breakfast														
Weetabix with Whole Milk	█						█							
Overnight Oats with Raspberries														
Rice Crispiess with Whole Milk	█						█							
Cornflakes with Whole Milk	█						█							
Overnight Oats with Raisins												█		
Snacks														
Five Bean Dip With Breadsticks	█						█			█	█			
Oatcake with Banana														
Selection of Fruit														
Pineapple Slices														
Toasted & Buttered Crumpet with Glass of Milk	█						█							
Banana and Blueberry Smoothie							█							
Apple and cheese							█							
Oatcakes with Beetroot/ Cumin Houmous & Glass of Milk							█					█		
Buttered Cream Crackers & Cup of Whole Milk	█						█							
Rice Cakes with Cream Cheese & Chives							█							
Lunch (Main)														
Vegetable Tagine with Rice														
Chicken & Vegetable Casserole with New Potatoes														
Macaroni Cheese with Peas	█						█			█				
Salmon & Pea Risotto				█										
Sweet & Sour Chicken with Rice														
Lunch (Puoding)														
Fruit Salad														
Rhubarb Fool							█							
Orange and Nectarines														
Vanilla Pudding with Plums							█							
Peach Ripple Fool							█							
Tea														
Bagel with Egg Mayonnaise/ Banana with whole Milk	█		█				█			█	█			
Oatcakes with Tomato & Bean Dip/ Melon							█			█		█		
Salmon with Cream Cheese & Sweetcorn Sandwiches/ Pear & Raisins	█			█			█					█		
Jacket with Baked Beans/ Strawberries														
Bean Soup/ Kiwi and raspberry	█		█				█		█			█		
Green = may contain this allergen														
This report has been produced using allergen information taken from individual product packaging & the Tesco website and is correct at the time of printing.														

HSG39 Summer Menu - Week 2
Allergen Information

 Week 2														
	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	Celery	Mustard	Sesame Seed	Sulphur Dioxides and/or Sulphites	Lupin	Molluscs
Breakfast														
Rice Crispies with Whole Milk	■						■							
Granola with Fresh Milk												■		
Overnight Oats with raspberries														
Cornflakes with Whole Milk	■						■							
Weetabix with Whole Milk	■						■							
Snacks														
Cucumber with Sour Cream & Chives							■							
Bagel with Cream Cheese & Strawberries	■						■				■			
Berries & Yoghurt														
Cheese & Apple							■							
Melon														
Fruity Ice Yoghurt Lolly							■							
Fromage Frais & Peaches							■							
Rice Cake with Apple														
Crackers with Kiwi & Milk	■						■							
Pineapple														
Lunch (Main)														
Sweet Potato Fajitas	■													
Turkey with Orzo	■													
Thai Green Chicken Curry with Rice												■		
Tuna Pasta with Sweecorn	■			■										
Roasted Peppers and Feta with Cous Cous	■						■							
Lunch (Pudding)														
Fromage fraise with Peaches							■							
Banana Custard														
Pineapple Slices														
Greek Yoghurt & Strawberry Swirl							■							
Rice Pudding & Sultanas							■					■		
Tea														
Mackerel Dip with Pitta/ Watermelon	■			■			■						■	
Boston Baked Beans on Toast/ Fruit Salad	■													
Bruschetta/ Apricot & Raspberry Compote	■						■							
Crumpet with Smoked Cheese/ Panna Cotta with Blueberry Sauce	■						■				■			
Pea Soup & Breadsticks/ Kiwi & Pears	■						■		■		■			
Green = may contain this allergen														
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