

# Primary School Menu Matrix

## September 2026 – JULY 2027 **UPDATED**

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

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

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

|                                                                                              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
|----------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|------|--|
| Spicy oven roast potatoes                                                                    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| Sunshine rice                                                                                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| White Rice                                                                                   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| Cheese triangle                                                                              |    |    |    |    |    |    | √  |    |    |    |    |    |    |    |      |  |
| Crackers                                                                                     | √  |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| <b>SANDWICH FILLINGS – PLEASE CHECK BREAD PRODUCT SPECS LOCATED IN BACK OF ALLERGEN FILE</b> |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| 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 <b>Freemans</b>                                                                   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| Tuna                                                                                         |    |    |    | √  |    |    |    |    |    |    |    |    |    |    |      |  |
| Tuna/mayo or salad cream                                                                     |    |    | √  | √  |    |    | √  |    |    | √  |    |    |    |    |      |  |
| Sliced Turkey <b>Freemans</b>                                                                |    |    |    |    |    |    |    |    |    |    |    |    |    |    |      |  |
| 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                                              | √  |    | √  |    |    |    |    |    |    | √  |    |    |    |    |      |  |

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