

St. Comgall's P.S. Dinner Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 4 th – 8 th Nov 2 nd – 6 th Dec 6 th – 10 th Jan 3 rd – 7 th Feb	Chicken Pasta Bake Or Oven Baked Sausages, Beans, Peas & Chips Mashed Potato Apple Sponge & Custard 2.4.7	Spaghetti Bolognese & Herb Bread Or Beef Stew, Sweetcorn, Mixed Vegetables & Mashed Potatoes Fruit & Yoghurt 2.4.7	Cheese Panini or Baked Gammon Pineapple, Stuffing, Carrots, Cabbage, Mashed & Roast Potatoes, Gravy/Parsley Sauce Ice Cream & Fresh Fruit 2.7	Homemade Soup, Potato & Bread Beef Burger & Bap or Chicken Panini, Peas & Potatoes Frozen Yoghurt & Fruit 1.2.4.7.13	Chicken Curry & Rice & Naan Bread Or Oven Baked Fish, Lemon Peas & Mashed Potatoes Shortbread & Fresh Fruit 1.2.5.7.9
Week Two 11 th – 15 th Nov 9 th – 13 th Dec 13 th – 17 th Jan 10 th – 14 th Feb	Beef Stew, Potatoes or Homemade Chicken Goujons, Sweetcorn, Mashed Potato or Chips Fresh Fruit & Yoghurt 1.2.7	Spaghetti Bolognese Or Stuffed Bacon Rolls, Turnip, Mashed Potato Chocolate Pear Sponge & Chocolate Sauce 2.7	Roast Chicken, Stuffing & Gravy, Carrots, Cauliflower, Oven Roast & Mashed Potatoes Or Macaroni Cheese Ice Cream & Fruit 2.7	Lasagne & Herb Bread or Sausages, Mashed Potato, Beans or Peas Date Krispie and Custard 2.4.7	Chicken Curry, Rice & Naan Bread Or Oven Baked Salmon Fishcake, Lemon Parsley Sauce & Mashed Potatoes Biscuit & Fresh Fruit 1.2.5.7.9
Week Three 18 th – 22 nd Nov 16 th – 20 th Dec 20 th – 24 th Jan	Steak Burger Or Tomato & Cheese Pizza, Peas, Mashed Potatoes or Chips Fresh Fruit & Yoghurt 1.2.4.7.13	Spaghetti Bolognese & Herb Bread Or Cheese or Chicken Panini & Side Salad Apple Sponge & Custard 2.4.7	Roast Pork & Apple Sauce, Carrots, Cauliflower, Mashed & Oven Baked Roast Potatoes, Stuffing & Gravy or Chicken Wrap Ice Cream & Fruit 2.7	Buffet: Selection of Sandwiches (Chicken, Cheese or Tuna) Pizza Finger, Cocktail Sausages, Carrot Sticks Chocolate Sponge & Custard 1.2.4.7	Chicken Curry & Rice, Or Oven Baked Fish, Mashed Potatoes & Peas Biscuit & Fruit 1.2.5.7.9
Week Four 25 th – 29 th Nov 27 th – 31 st Jan 24 th – 28 th Feb	Oven Baked Sausages Or Homemade Goujons, Sweetcorn, Beans, Mashed Potatoes or Chips Crunchy Fruit Crumble & Custard 2.7	Pasta Bolognese & Herb Bread or Chicken Pie, Mashed Potato, Turnip, Cauliflower Frozen Yoghurt & Fruit 2.4.7	Roast Beef, Gravy, Oven Roast/Mashed Potatoes, Broccoli, Carrots or Cheese Panini Ice-Cream & Fruit 2.7	Cheese & Tomato Pizza or Cottage Pie, Sweetcorn, Mixed Vegetables & Mashed Potato Cake & Custard 2.7	Chicken Curry, Rice & Naan Bread Or Oven Baked Fish, Peas and Potatoes Biscuit & Fruit 1.2.5.7.9

school food

Try Something New today

www.schoolfoodni.com

**Bread, Fresh Fruit,
Yoghurt, Milk and Water
are available daily.**

If you require any additional
information on allergens or
special diets please contact
the school in the first instance.



14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



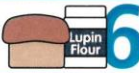
4 Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



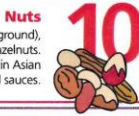
8 Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



10 Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



12 Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



14 Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

✉ Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and

Facebook Let's keep connected at food.gov.uk/facebook

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