ALLERGENS

Curwen Primary School

Autumn/Winter 2026/27

WEEK 1

CLUB

Planet Friendly Monday

Spaghetti Bolognese 111142
Cereals containing gluten (wheat, spelt, kamut)

Tuna Hoagie Melt
Cereals containing gluten (wheat, spelt, kamut), Fish, Milk
may contain Cereals containing gluten (barley, oats, rye), Egg, Sesame, Soya, Milk

Oriental Veg Stir Fry & Egg Noodles
Cereals containing gluten (wheat, barley), Egg

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)
may contain Milk, Soya

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

Tuesday

Shepherd's Pie
Milk

Tuna Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Fish, Milk

'Planet Friendly' Sausages with Mashed Potatoes
Cereals containing gluten (wheat, spelt, kamut), Milk

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

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)

Fish Fillet
Fish

Spinach & Feta Whirl
Cereals containing gluten (wheat), Egg, Milk
may contain Lupin, Mustard, Soya

PUDDING

Cheesecake
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain 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

Meatballs with Spaghetti
Cereals containing gluten (wheat, spelt, kamut), Milk

Fish Paella
Cereals containing gluten (barley), Celery, Fish

Creole Style Jambalaya
Celery

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

BBQ Kickin' Chicken Wrap
Cereals containing gluten (wheat)
may contain Celery, Sulphur dioxide

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

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

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

Curwen Primary School

Autumn/Winter 2026/27

WEEK 2

CLUB

Planet Friendly Monday

BBQ Kickin' Chicken Wrap
Cereals containing gluten (wheat)
may contain Celery, Sulphur dioxide

Fish Curry
Cereals containing gluten (wheat, spelt, kamut), Fish

Chickpea & Potato Curry
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Vegan Chocolate & Beetroot Brownie
Cereals containing gluten (wheat), Soya, Sulphur dioxide
may contain 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

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

Jollof Rice with Lamb & Vegetables
Free from all 14

Fish Stir Fry with Noodles
Cereals containing gluten (wheat, barley), Egg, Fish

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

PUDDING

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

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

Greek Style Chicken Souvlaki (AF)
Free from all 14

Fish Fillet
Fish

Cauliflower Bites
Free from all 14

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

Savoury Rice
free from all 14

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

Thursday

Chicken Tikka Masala with Rice
Cereals containing gluten (wheat, spelt, kamut)
may contain Cereals containing gluten

Tuna Pizza
Cereals containing gluten (wheat, spelt, kamut), Fish, Milk

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

PUDDING

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

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

Fish in Batter
Cereals containing gluten (wheat), Fish

Sausage & Stuffing Roll
Cereals containing gluten (wheat, spelt, kamut), Celery
may contain Lupin, Mustard, Sesame, Soya

PUDDING

Waffles
Cereals containing gluten (wheat, spelt, kamut), Egg, Soya
may contain 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

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

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WEEK 3

CLUB

Planet Friendly Monday

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

Fish Pie
Fish, Milk

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

PUDDING

Banana & Date Sponge with Custard
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

Chicken & Sweetcorn Pie (Pastry Top)
Cereals containing gluten (wheat), Egg, Milk
may contain Lupin, Mustard, Soya

Tuna Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Fish, Milk

Mediterranean Roast Vegetable Risotto
Free from all 14

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

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

Fish Fillet
Fish

Veggie Toad in the Hole
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

Jerk Chicken with Rice & Peas
Egg

Tuna Pizza
Cereals containing gluten (wheat, spelt, kamut), Fish, Milk

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

PUDDING

Peach Crumble
Cereals containing gluten (wheat, oats, spelt, kamut)
may contain Cereals containing gluten (barley, rye), 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

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

Fish Fingers
Cereals containing gluten (wheat), Fish

Vegetable Nugget
Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Raspberry Ice Cream Sponge Roll
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk, Soya

Fruit Yogurt
Milk

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

Fresh Fruit with Ice Cream
Milk

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

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