

La petite ecole française
Adriana's Café and Eatery Allergen SCHOOL LUNCH MENU 2021-2022

REGULAR MENU	ALLERGENS	VEGETARIAN MENU	ALLERGENS
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Week 1 (wc 30th August / wc 20th Sept / wc 11th Oct / wc 15th Nov / wc 6th Dec)

MONDAY	CHICKEN SAUSAGE	GLUTEN	VEGETARIAN SAUSAGE	GLUTEN
	ROASTED POTATOES	NO	ROASTED POTATOES	NO
	STEAMED BROCCOLI	NO	STEAMED BROCCOLI	NO
TUESDAY	BEEF LASAGNE	GLUTEN/DAIRY	VEGETARIAN LASAGNE	GLUTEN/DAIRY
	STEAMED MIXED FRESH SALAD	NO	STEAMED MIXED FRESH SALAD	NO
THURSDAY	BEEF STEW	NO	VEGETARIAN TAGINE	NO
	PLAIN COUS COUS	WHEAT	PLAIN COUS COUS	WHEAT
	MIXED FRESH SALAD	NO	MIXED FRESH SALAD	NO
FRIDAY	MIXED SPICES BAKED SALMON	FISH	VEGETARIAN FINGERS	GLUTEN/EGG
	RICE	NO	RICE	NO
	BASIL TOMATO SAUCE	NO	BASIL TOMATO SAUCE	NO
	STEAMED PEAS	NO	STEAMED PEAS	NO

Week 2 (wc 06th September / wc 27th Sept / wc 18th Oct / wc 22nd Nov / wc 13th Dec)

MONDAY	MEAT BALLS IN RICH TOMATO SAUCE	GLUTEN/EGG	VEGETARIAN MEAT BALLS	GLUTEN/EGG
	PENNE PASTA	GLUTEN	PENNE PASTA	GLUTEN
	STEAMED BROCCOLI	NO	STEAMED BROCCOLI	NO
TUESDAY	CHICKEN NOODLES/GRAVY	WHEAT	VEGETARIAN NOODLES/GRAVY	WHEAT
	MIX STEAMED VEGETABLES	NO	MIX STEAMED VEGETABLES	NO
THURSDAY	CHICKEN AND CARROT STEW	WHEAT/DAIRY	RATATOUILLE	NO
	MASHED POTATOES	DAIRY	MASHED POTATOES	DAIRY
	STEAMED MIXED VEGETABLES	NO	STEAMED MIXED VEGETABLES	NO
FRIDAY	STEAMED SALMON	FISH	STUFFED VEGETARIAN PEPPERS	DAIRY
	PLAIN BASMATI RICE	NO	PLAIN BASMATI RICE	NO
	STEAMED BROCCOLI	NO	STEAMED BROCCOLI	NO
	BASIL TOMATO SAUCE	NO	BASIL TOMATO SAUCE	NO

Week 3 (wc 13th September / wc 4th / wc 8th Nov / 29th Nov)

MONDAY	BEEF BOLOGNAISE	NO	VEGETARIAN BOLOGNAISE	NO
	PASTA	WH EAT	PASTA	WHEAT
	STEAMED MIXED VEGETABLES	NO	STEAMED MIXED VEGETABLES	NO
TUESDAY	MARINATED CHICKEN THIGH	NO	VEGETARIAN STUFFED MUSHROOMS	DAIRY/GLUTEN
	PLAIN COUS COUS	WHEAT	PLAIN COUS COUS	WHEAT
	MIXED SALAD/TOMATO/CUCUMBERS	NO	MIXED SALAD/TOMATO/CUCUMBERS	NO
THURSDAY	BEEF BURGER (NO BUN)	NO	VEGETARIAN BURGER (NO BUN)	WHEAT
	BAKED POTATO WAGES	NO	BAKED POTATO WAGES	NO
	FRESH MIXED SALAD	NO	FRESH MIXED SALAD	NO
FRIDAY	CHICKEN BREAST	NO	VEGETARIAN ESCALOPE	GLUTEN/EGG
	TOMATO SAUCE	NO	TOMATO SAUCE	NO
	MASHED POTATOES	DAIRY	MASHED POTATO	DAIRY
	MIXED SALAD/TOMATO/CUCUMBERS	NO	MIXED SALAD/TOMATO/CUCUMBERS	NO

DESSERT: Fruits (apple, oranges, grapes, clementine, bananas), plain yogurt (DAIRY) and strawberry/raspberry yogurt (DAIRY).