

La petite école 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 19th Apr / wc 9th May / wc 6th Jun / wc 27th Jun)

MONDAY	CHICKEN TANDOORI	NO	VEGETARIAN TANDOORI	NO
	BASMATI RICE	NO	BASMATI RICE	NO
TUESDAY	BEEF LASAGNE	GLUTEN/DAIRY	VEGETARIAN LASAGNE	GLUTEN/DAIRY
	FRESH TOMATO AND CUCUMBER SALAD	NO	FRESH TOMATO AND CUCUMBER SALAD	NO
THURSDAY	BEEF STEW	GLUTEN	VEGETARIAN TAGINE	NO
	PLAIN COUSCOUS	GLUTEN	PLAIN COUSCOUS	GLUTEN
	LETTUCE SALAD WITH RED BEANS AND SWEETCORN	NO	LETTUCE SALAD WITH RED BEANS AND SWEETCORN	NO
FRIDAY	BAKED SALMON	FISH	VEGETARIAN FINGERS	EGG/ GLUTEN
	RICE	NO	RICE	NO
	STEAMED PEAS	NO	STEAMED PEAS	NO
	BASIL TOMATO SAUCE	NO	BASIL TOMATO SAUCE	NO

Week 2 (wc 25th Apr / wc 16th May / wc 13th Jun / wc 4th Jul)

MONDAY	MEAT BALLS IN RICH TOMATO SAUCE	GLUTEN/EGG	VEGETARIAN BALLS IN RICH TOMATO SAUCE	GLUTEN/EGG
	PENNE PASTA	GLUTEN	PENNE PASTA	GLUTEN
	STEAMED BROCCOLI	NO	STEAMED BROCCOLI	NO
TUESDAY	CHICKEN NOODLES/GRAVY	GLUTEN	VEGETARIAN NOODLES/GRAVY	GLUTEN
	MIX STEAMED VEGETABLES	NO	MIX STEAMED VEGETABLES	NO
THURSDAY	CHICKEN AND CARROT STEW	GLUTEN	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 3rd May/ wc 23rd May / wc 20th Jun)

MONDAY	BEEF BOLOGNAISE	NO	VEGETARIAN BOLOGNAISE	NO
	PASTA	GLUTEN	PASTA	GLUTEN
	STEAMED MIXED VEGETABLES	NO	STEAMED MIXED VEGETABLES	NO
TUESDAY	MARINATED CHICKEN THIGH	NO	VEGETARIAN STUFFED MUSHROOM	DAIRY/GLUTEN
	PLAIN COUSCOUS	GLUTEN	PLAIN COUSCOUS	GLUTEN
THURSDAY	VEGETARIAN QUICHE	EGG/DAIRY/GLUTEN	VEGETARIAN QUICHE	EGG/DAIRY/GLUTEN
	MIXED SALAD WITH CHICKPEAS AND BEETROOTS	NO	MIXED SALAD WITH CHICKPEAS AND BEETROOTS	NO
FRIDAY	CHICKEN BREAST	NO	VEGETARIAN ESCALOPE	GLUTEN/EGG
	TOMATO SAUCE	NO	TOMATO SAUCE	NO
	MASHED POTATOES	DAIRY	MASHED POTATO	DAIRY
	TOMATO/CUCUMBERS	NO	TOMATO/CUCUMBERS	NO

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