

La petite école française
Adriana's Café and Eatery Allergen SCHOOL LUNCH MENU 2023-2024

REGULAR MENU	ALLERGENS	VEGETARIAN MENU	ALLERGENS
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Week 1 (wc 04th Sep / wc 25th Sep/ wc 16th Oct / wc 6th Nov / wc 4th Dec)

MONDAY	CHICKEN TANDOORI	NO	VEGETARIAN TANDOORI	NO
	BASMATI RICE	NO	BASMATI RICE	NO
	STEAMED GREEN BEANS		STEAMED GREEN BEANS	
TUESDAY	BEEF LASAGNE	GLUTEN/DAIRY	VEGETARIAN LASAGNE	GLUTEN/DAIRY
	FRESH TOMATO AND CUCUMBER SALAD	NO	FRESH TOMATO AND CUCUMBER SALAD	NO
THURSDAY	BEEF BURGER	GLUTEN/EGG	VEGETARIAN BURGER	EGG
	POTATO WEDGES	NO	POTATO WEDGES	NO
FRIDAY	FISH CAKES	FISH/EGG/GLUTEN	VEGETARIAN CAKES	EGG/ GLUTEN
	RICE	NO	RICE	NO
	STEAMED PEAS	NO	STEAMED PEAS	NO

Week 2 (wc 11th Sep / wc 2nd Oct / wc 13th Nov/ wc 27th Nov / wc 11th Dec)

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 FRIED CARROTS, PEPPERS, COURGETTES	NO	MIX FRIED CARROTS, PEPPERS, COURGETTES	NO
THURSDAY	BREADED CHICKEN BREAST	GLUTEN/EGG	VEGETARIAN SAUSAGES	NO
	MASHED POTATOES	DAIRY	MASHED POTATOES	DAIRY
	STEAMED CAULIFLOWER AND GREEN BEANS	NO	STEAMED CAULIFLOWER AND GREEN BEANS	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 18th Sep/ wc 9th Oct / wc 20th Nov/ wc 18th Dec)

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	TOMATO AND CUCUMBER SALAD	NO	TOMATO AND CUCUMBER SALAD	NO
	SPINACH AND CHEESE ROLL	EGG/DAIRY/GLUTEN	SPINACH AND CHEESE ROLL	EGG/DAIRY/GLUTEN
FRIDAY	MIXED SALAD WITH CHICKPEAS AND BEETROOTS	NO	MIXED SALAD WITH CHICKPEAS AND BEETROOTS	NO
	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), apple compote, plain yogurt (DAIRY) and strawberry yogurt (DAIRY).