

Lumen Learning Trust - Week 3 Menu Oct 2020 (Riverbridge)

Dish Name	Cereals Contai	Gluten (Barley	Gluten (Wheat	Gluten (Rye)	Gluten (Oats)	Peanuts	Nuts	Fish	Crustaceans	Molluscs	Soya and Soy;	Sesame Seeds	Milk	Eggs	Celery and Cel	Lupin	Mustard	Sulphites
FFL carrots* C	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Cheese and Tomato Pasta Bake* C	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Chicken and Sweetcorn Pie* C	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL chocolate sponge (portions)* C	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL Cinnamon Oaty Cookie#	Y	N	Y	N	Y	N	N	N	N	N	N	N	M	Y	N	N	N	N
FFL Coleslaw	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL cucumber	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL custard*	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Fish fingers and chips#	Y	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
FFL Fruit Salad#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Gravy (portions)*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Iced Lemon Sponge#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL Jacket Potato Plain#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Jacket potato with beans and cheese#	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Jacket Potato with beans#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Jacket potato with cheese#	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Jacket potato with coleslaw#	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
FFL Jacket potato with tuna mayonnaise#	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y	N	N	N	N
FFL Jam Sponge#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
FFL mandarins	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Mashed Potato addition	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Meatballs in tomato sauce with rice#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Mixed Bean Fajita#	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Pasta Bolognese#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Peach crumble with custard#	Y	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FFL Roast Chicken With Roast Potatoes and Gravy#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Salmon Fish Fingers and Chips#	Y	N	Y	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N
FFL Seasonal Vegetable #	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL sweetcorn#	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL tomato	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Vegetable nuggets and chips#	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
FFL Veggie cowboy pie with Roast Potatoes#	Y	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N
FPI Veggie Meatballs in Tomato Sauce with Rice#	Y	Y	Y	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N