



St. Mark's C.E. Primary School

Talbot Village, Bournemouth, Dorset, BH10 4JA

Headteacher: Andrew Bright

HOT SCHOOL MEALS MENUS – 5 JANUARY, 26 JANUARY, 16 FEBRUARY, 9 MARCH

MONDAY – WEEK A		Ingredients	Allergy Advice
Main Meal	Meatballs with Pasta	Beef (86%), Water, Rice Flour, Salt, Onion Powder, Dextrose, Sugar, Yeast Extract, Black Pepper, Rapeseed Oil, Paprika, Bamboo Fibre, Preservative (Sodium Metabisulphite), White Pepper, Bay, Black Pepper Extract, Flavouring. omato (46%), Tomato Purée (25%), Water, Cornflour, Onion, Sugar, Basil (1.5%), Salt, Garlic Purée, Concentrated Lemon Juice, Acidity Regulator (Citric Acid), Oregano, Black Pepper.	WHEAT DAIRY FREE
Vegetarian option	Vegan meatballs with Pasta	Rehydrated Textured Soya Protein (62%), Water, Onion Purée (8%), Rapeseed Oil, Soya Protein Concentrate (2%), Chickpea Flour, Yeast Extract, Stabiliser (Methyl Cellulose), Tomato Purée, Parsley, Garlic Purée, Onion Powder, Maltodextrin, Garlic Powder, Salt, Malted Barley Extract, Dextrose, Black Pepper, White Pepper, Tomato Powder, Flavouring. omato (46%), Tomato Purée (25%), Water, Cornflour, Onion, Sugar, Basil (1.5%), Salt, Garlic Purée, Concentrated Lemon Juice, Acidity Regulator (Citric Acid), Oregano, Black Pepper.	WHEAT SOYA BARLEY DAIRY FREE VEGAN
Additional choice	Jacket potato with beans	Dairy Free Butter Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Flavouring, Paprika Powder.	DAIRY FREE VEGAN GLUTEN FREE
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or just fruit		
TUESDAY – WEEK A			
Main Meal	Pizza		WHEAT DAIRY GLUTEN

Vegetarian option	Vegan pizza	Maize Starch, Rice Flour, Sourdough 13% (Rice Flour, Water), Water, Potato Starch, Thickener: Hydroxypropyl Methyl Cellulose (E-464), Rice Starch, Maize Flour, Glucose Syrup, Yeast, Dextrose, Extra Virgin Olive Oil 1, 6%, Sunflower Oil, Vegetable Fibre (Psyllium), Iodised Salt (Salt, Potassium Iodide), Ethyl Alcohol, Soya Protein, Raising Agents: Glucono-Delta-Lacton (E-575), Sodium Bicarbonate [E-500(i)], Acids: Tartaric Acid (E-334), Citric Acid (E-330) Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity Regulator (Citric Acid), Olive Extract, Colour (Beta-carotene), Vitamin B12	DAIRY FREE VEGAN GLUTEN FREE
Additional choice	Jacket potato with vegan cheese or just butter	Dairy Free Butter	DAIRY FREE VEGAN GLUTEN FREE
Vegetables	Salad		
Dessert	Dessert of the day or fruit		
WEDNESDAY - WEEK A			
Main Meal	Chicken korma with rice	Water, Tomato Purée, Single Cream (Milk), Sugar, Desiccated Coconut (4%), Coconut Cream (3.5%) [Coconut, Water], Modified Maize Starch, Rapeseed Oil, Whey Powder (Milk), Dried Onion, Ginger Purée, Salt, Acidity Regulator (Lactic Acid), Fennel, Coriander, Dried Garlic, Ginger, Cumin, Ground Coriander, Cardamom, Turmeric, Star Anise, Cinnamon, Dried Fenugreek Leaf.	MILK
Vegetarian option	Vegan chicken korma with rice	Water, Tomato Purée, Coconut (5%), Modified Maize Starch, Sugar, Desiccated Coconut, Dried Onion, Spices, Ginger Purée, Garlic Purée, Salt, Coriander, Acidity Regulator (Lactic Acid), Dried Fenugreek Leaf.	DAIRY FREE VEGAN
Additional choice	Salmon fishcake with potato	Atlantic Salmon (36%) (FISH), Partially Reconstituted Dried Potato, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Salt, Stabiliser: Mehtycellulose; Yeast, Parsley, Turmeric, Black Pepper Extract, Colour: Capsanthin; Parsley Extract.	FISH WHEAT DAIRY FREE
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
THURSDAY - WEEK A			
Main Meal	Roast gammon with potatoes		DAIRY FREE GLUTEN FREE

Vegetarian option	Quorn Fillet with potatoes	Mycoprotein (85%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate, Gelling Agent: Pectin	EGG DAIRY
Additional choice	Jacket potato with spaghetti hoops	Dairy Free Butter Cooked Wholewheat Pasta Loops (39%) (Water, Durum WHOLEWHEAT Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings	DAIRY FREE VEGAN
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
FRIDAY - WEEK A			
Main Meal	Fish and chips	Cod (50%) (FISH), WHEAT Flour (with Calcium, Iron, Niacin, Folic Acid, Thiamin), Water, Rapeseed oil, Salt, Maize Starch, WHEAT Starch, Raising agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Sunflower Lecithin.	FISH WHEAT DAIRY FREE
Vegetarian option	Vegetable fingers and chips	Vegetable Mix (40%) (Carrot, Sweetcorn, Peas), Water, (WHEAT Flour, Rapeseed Oil, Potato Flakes, Starch (Potato, Peas), Salt, Onion Powder, Yeast, Turmeric.	WHEAT DAIRY FREE VEGAN
Additional choice	Sausage roll with salad	Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (16%), Palm Oil, Potato Starch, Salt, Rapeseed Oil, Dried Skimmed Milk, Nutmeg, Black Pepper, Onion Powder, Sage, Garlic Powder.	WHEAT
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		

HOT SCHOOL MEALS MENUS- 12 JANUARY, 2 FEBRUARY, 23 FEBRUARY, 16 MARCH

MONDAY – WEEK B		Ingredients	Allergy Advice
Main Meal	Pasta with cheese	CAN USE GLUTEN FREE PASTA	DAIRY WHEAT
Vegetarian option	Gluten free pasta with vegan cheese	Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Diglycerides of Fatty Acids).	DAIRY FREE VEGAN
Additional choice	Jacket potato with spaghetti hoops	Dairy Free Butter Cooked Wholewheat Pasta Loops (39%) (Water, Durum WHOLEWHEAT Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings	DAIRY FREE VEGAN
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
TUESDAY – WEEK B			
Main Meal	Sausages with potatoes	Pork, Wheat, salt, sunflower oil ,spices & water	WHEAT
Vegetarian option	Vegan sausages with potatoes	Rehydrated Textured Soya Protein (58%), Onion Purée, Water, Rapeseed Oil, Soya Protein Concentrate, Stabiliser (Methyl Cellulose), Red Onion Powder, Salt, Sugar, Rosemary Powder, Sage, Yeast Extract, Onion Powder, Sunflower Oil, White Pepper, Ginger, Rosemary, Emulsifier (Soya Lecithins). Allergy Information	SOYA DAIRY FREE VEGAN
Additional choice	Jacket potato Cheese or just butter.	Diary Free Butter	DAIRY FREE GLUTEN FREE
Vegetables	Beans	Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Flavouring, Paprika Powder.	
Dessert	Dessert of the day or fruit		

WEDNESDAY - WEEK B			
Main Meal	Mince beef & onion pie with mashed potato & gravy	Wheat Flour, Vegetable Oils and Fats (Palm, Rapeseed), Margarine (Vegetable Oils and Fats (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Colour (Beta Carotene)), Water, Alcohol, Sugar, Lemon Juice Concentrate, Salt, Natural Flavouring, Deactivated Yeast, Colour (Beta Carotene)	DAIRY
Vegetarian option	Vegan mince & onion pie with mashed potato	Rehydrated Textured Soya Protein (95%), Rapeseed Oil, Yeast Extract, Malted Barley Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper, Water. Wheat Flour, Vegetable Oils and Fats (Palm, Rapeseed), Margarine (Vegetable Oils and Fats (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Salt, Acidity Regulator (Citric Acid), Colour (Beta Carotene)), Water, Alcohol, Sugar, Lemon Juice Concentrate, Salt, Natural Flavouring, Deactivated Yeast, Colour (Beta Carotene)	SOYA BARLEY GLUTEN DAIRY FREE Mashed potato with dairy free butter VEGAN
Additional choice	Salmon fishcake with potatoes	Atlantic Salmon (36%) (FISH), Partially Reconstituted Dried Potato, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Salt, Stabiliser: Mehtycellulose; Yeast, Parsley, Turmeric, Black Pepper Extract, Colour: Capsanthin; Parsley Extract.	WHEAT FISH DAIRY FREE
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
THURSDAY - WEEK B			
Main Meal	Roast turkey, roast potatoes		DAIRY FREE GLUTEN FREE
Vegetarian option	Quorn fillet with roast potatoes	Mycoprotein (85%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate, Gelling Agent: Pectin	EGG DAIRY
Additional choice	Jacket potato with vegan cheese or just butter	Dairy Free Butter	DAIRY FREE VEGAN GLUTEN FREE
Vegetables	Seasonal vegetables		
	Dessert of the day or just fruit		

FRIDAY - WEEK B			
Main Meal	Fish fingers with waffles	Minced White Fish (Fish) (58%)(Alaska Pollock (Fish)), Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours(Paprika Extract, Curcumin), Turmeric. Potato (88%), Rapeseed Oil, Potato Granules, Potato Starch, Salt, Stabiliser (Hydroxypropyl Methylcellulose)#, White Pepper.	WHEAT FISH DAIRY FREE
Vegetarian option	Fishless fingers with waffles	Textured Rice Flake (40%), WHEAT Flour, Water, Rapeseed Oil, WHEAT Gluten, Potato Starch, Natural Flavouring, Salt, WHEAT Fibre, Spices, Yeast. Potato (88%), Rapeseed Oil, Potato Granules, Potato Starch, Salt, Stabiliser (Hydroxypropyl Methylcellulose)#, White Pepper.	WHEAT GLUTEN DAIRY FREE VEGAN
Additional choice	Ham salad with roll		WHEAT GLUTEN
Vegetables	Spaghetti hoops	Cooked Wholewheat Pasta Loops (39%) (Water, Durum WHOLEWHEAT Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings	WHEAT GLUTEN
Dessert	Dessert of the day or fruit		

HOT SCHOOL MEALS MENUS – 19 JANUARY, 9 FEBRUARY, 2 MARCH, 23 MARCH

MONDAY – WEEK C		Ingredients	Allergy Advice
Main Meal	Macaroni cheese	Durum Wheat Semolina Whey Powder (Milk), Modified Maize Starch, Maltodextrin, Dried Whole Milk, Cheese Powder (Cheese Powder (6.4%) (Milk), Whey Powder (Milk), Emulsifier (Disodium Phosphate)), Maize Starch, Palm Fat (Palm Fat, Glucose Syrup, Milk Proteins), Salt, Flavouring (contains Milk), Lactose (Milk), Sodium Caseinate (Milk), Yeast Extract, Anti-Caking Agent (Tricalcium Phosphate), Sunflower Oil	DAIRY WHEAT GLUTEN
Vegetarian option	Tomato pasta bake	Durum Wheat Semolina.	GLUTEN DAIRY FREE VEGAN
Additional choice	Jacket potato with tuna mayo	Dairy Free Butter Rapeseed Oil (60%), Water, Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colours (Paprika Extract, Beta-Carotene)	FISH
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
TUESDAY – WEEK C			
Main Meal	Beef burger in roll with chips	Beef salt Flavour enhancer sunflower oil	WHEAT GLUTEN
Vegetarian option	Vegan burger in roll with chips	Rehydrated Textured Soya Protein (61%), Water, Onion Purée (8%), Soya Protein Concentrate, Onion (2.5%), Rapeseed Oil, Chickpea Flour, Stabiliser (Methyl Cellulose), Yeast Extract, Onion Powder, Garlic Powder, Maltodextrin, Malted Barley Extract, Salt, Dextrose, Emulsifier (Soya Lecithins), Tomato Powder, Natural Flavouring, Black Pepper, White Pepper.	WHEAT GLUTEN SOYA BARLEY DAIRY FREE VEGAN
Additional choice	Jacket potato with cheese or just butter	Dairy Free Butter	DAIRY
Vegetables	Beans	Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Flavouring, Paprika Powder	
Dessert	Dessert of the day or fruit		

WEDNESDAY - WEEK C			
Main Meal	Chicken tikka with rice	Water, Tomato Purée, Tomato (14%), Onion (9%), Yogurt (Milk) (8%), Single Cream (Milk), Modified Maize Starch, Sugar, Rapeseed Oil, Lemon Juice from Concentrate, Coriander, Dried Onion, Cumin, Ground Coriander, Salt, Ginger Purée, Cardamom, Sunflower Oil, Paprika, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Dried Fenugreek Leaf, Chilli Powder, Cinnamon, Fenugreek, Dried Garlic.	DAIRY
Vegetarian option	Vegan chicken tikka with rice	Water, Rehydrated Textured Vegetable Protein (29%) [Water, Wheat Gluten, Wheat Starch, Pea Protein], Rapeseed Oil, Wheat Gluten, Soya Protein Isolate, Potato Starch, Thickener (Methyl Cellulose), Gelling Agent (Carrageenan), Salt, Flavourings, Potato Protein. Tomato Purée from Concentrate (36%), Water, Tomatoes (16%), Onions (4%), Modified Maize Starch, Rapeseed Oil, Creamed Coconut (2%), Spices [Cumin, Coriander, Turmeric, Chilli Powder, Paprika, Cardamom, Black Pepper, Nutmeg], Sugar, Herbs, Ginger Purée, Salt, Acidity Regulator (Citric Acid), Dried Garlic, Colour (Paprika Extract)	SOYA GLUTEN DAIRY FREE VEGAN
Additional choice	Salmon fishcakes with potatoes	Atlantic Salmon (36%) (FISH), Partially Reconstituted Dried Potato, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Salt, Stabiliser: Mehtycellulose; Yeast, Parsley, Turmeric, Black Pepper Extract, Colour: Capsanthin; Parsley Extract.	FISH WHEAT DAIRY FREE
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
THURSDAY - WEEK C			
Main Meal	Roast beef roast potatoes & Yorkshire pudding	NO Yorkshire pudding for dairy free Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Egg White, Water, Egg, Rapeseed Oil, Dried Skimmed Milk, Salt.	GLUTEN DAIRY FREE

Vegetarian option	Quorn Fillet with potatoes	Mycoprotein (85%), Rehydrated Free Range Egg White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate, Gelling Agent: Pectin	EGG DAIRY
Additional choice	Jacket potato with spaghetti hoops or just butter	Cooked Wholewheat Pasta Loops (39%) (Water, Durum Wholewheat Semolina), Tomato Puree (32%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Antioxidant (Ascorbic Acid), Rapeseed Oil, Paprika, Onion Powder, Yeast Extract, Paprika Extract, Flavourings.	WHEAT DAIRY FREE VEGAN
Vegetables	Seasonal vegetables		
Dessert	Dessert of the day or fruit		
FRIDAY - WEEK C			
Main Meal	Fish goujons with wedges	Cod (50%) (FISH), WHEAT Flour, (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, WHEAT Starch, Raising Agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Sunflower Lecithin.	FISH WHEAT DAIRY FREE
Vegetarian option	Fishless goujons with wedges	Rice Protein (45%), Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Flavourings, Malt Vinegar (Barley), Potato Starch, Dried Potato, Salt, Acidity Regulators (Sodium Diacetate, Citric Acid), Dextrose, Bamboo Fibre, Stabilisers (Methyl Cellulose, Disodium Diphosphate), Maize Flour, Wheat Gluten, Lemon Juice, Raising Agents (Sodium Bicarbonate, Ammonium Carbonate), Wheat Starch, Sugar, Colour (Paprika Extract).	WHEAT BARLEY DAIRY FREE VEGAN
Additional choice	Cheese salad with roll		WHEAT DAIRY
Vegetables	Beans	Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Flavouring, Paprika Powder.	
Dessert	Dessert of the day or fruit		