

# Allergen Aware Lunch Menu



NON-DAIRY | NON-EGG | NON-GLUTEN | NON-SOYA | NON-NUTS | NON-PEANUTS | NON-CELERY | NON-MUSTARD | NON-LUPIN



NON-SESAME SEEDS | NON-CRUSTACEANS | NON-MOLLUSCS

## Spring/Summer

Our Allergen Aware Menu is **FREE** from most of the top 14 legal allergens and is closely aligned to the Primary School Lunch Menu

1

### Monday

**Margherita Pizza** with Potato Wedges (Ve)  
or  
Chinese-Style Plant Balls with Steamed Rice (Ve)  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**  
served with Mixed Salad

**Homemade Summer Berry Cupcake**

### Tuesday

Chicken in Tomato Sauce with Steamed Rice  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Peas and Sweetcorn

**Homemade Shortbread**

### Wednesday

Roast Chicken with Roast Potatoes and Gravy  
or  
**Cheese and Potato Pie** with Gravy (Ve)

Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Carrots and Green Beans

**Homemade Cocoa Cake** with Orange Wedges

### Thursday

Pork Bolognese with **Pasta**  
or  
**BBQ Loaded Bean Bake (Ve)**  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Mixed Vegetables

Fruit Jelly

### Friday

**Chicken Goujons**  
or  
Garden Vegetable Goujons (Ve) with Chips  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Peas or Baked Beans

**Homemade Shortbread** with Orange Wedges

Week One: 13 Apr | 4 May | 1 Jun | 22 Jun | 13 Jul | 14 Sep | 5 Oct — Fresh Fruit Available Daily

2

### Monday

**Margherita Pizza** with **Tomato Pasta (Ve)**  
or  
Vegetable Curry with Steamed Rice (Ve)  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**  
served with Sweetcorn

Fresh Fruit Platter

### Tuesday

Chicken Curry with Steamed Rice  
or  
**Cheese and Tomato Pasta Bake (Ve)**

Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Mixed Vegetables

**Homemade Marble Shortbread**

### Wednesday

**Pork Sausages**  
or  
Plant Sausages (Ve) with Mashed Potato and Gravy  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Carrots and Peas

**Homemade Summer Berry and Apple Slice**

### Thursday

BBQ Shredded Chicken in a **Homemade Roll** with Potato Wedges  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Mixed Salad

**Homemade Orange Cupcake**

### Friday

**Fish Fingers**  
or  
**Garden Vegetable Goujons (Ve)** with Chips  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Peas or Baked Beans

**Homemade Apple Flapjack**

Week Two: 20 Apr | 11 May | 8 Jun | 29 Jun | 31 Aug | 21 Sep | 12 Oct — Fresh Fruit Available Daily

3

### Monday

**Cheese and Tomato Pasta Bake (Ve)**  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Peas and Sweetcorn

**Homemade Banana Muffin**

### Tuesday

**'Hot Dog' Pork Sausage**  
or  
Plant Sausages (Ve) in a **Homemade Roll** with Potato Wedges and Tomato Dip  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Mixed Salad

**Iced Fruit Smoothie**

### Wednesday

Roast Chicken with Mashed Potato and Gravy  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Broccoli and Carrots

**Homemade Apple Crumble**

### Thursday

**"Build your Own" Chicken Flatbread** with Steamed Rice  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Sweetcorn

**Homemade Oaty Cookie**

### Friday

**Fish Fingers**  
or  
**Garden Vegetable Goujons (Ve)** with Chips  
or  
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**

served with Peas or Baked Beans

**Homemade Lemon Shortbread** and Melon Wedge

Week Three: 27 Apr | 18 May | 15 Jun | 6 Jul | 7 Sep | 28 Sep | 19 Oct — Fresh Fruit Available Daily

