

Allergen Aware Weekly 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

Autumn/Winter

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

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Monday

Cheese and Tomato Pasta Bake (Ve)

or

Tex Mex Chilli with Steamed Rice (Ve)

or

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

served with Peas and Sweetcorn

Homemade Cocoa Cake

Tuesday

BBQ Pork Meatballs in a **Homemade Sub Roll** with Potato Wedges

or

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

served with Mixed Salad

Iced Fruit Smoothie

Wednesday

Chicken Pie with Mashed Potato and Gravy

or

Cheese and Potato Pie with Gravy (Ve)

or

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

served with Carrots and Green Beans

Fresh Fruit Selection

Thursday

Chicken Curry with Steamed Rice

or

Vegemince Bolognese with **Pasta** (Ve)

or

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

served with Broccoli and Carrots

Homemade Apple Sponge with Custard

Friday

Fish Fingers

or

Garden Vegetable Goujons (Ve) with Chips

or

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

served with Peas **or** Baked Beans

Homemade Ginger Shortbread with Orange Wedges

Week One: 2 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb | 8 Mar - Fresh Fruit Available Daily

2

Monday

Margherita Pizza with Potato Wedges (Ve)

or

Winter Vegetable Pasta Bake (Ve)

or

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

served with Peas

Homemade Banana Cupcake

Tuesday

"Build your Own" Mexican Chicken Flatbread with Steamed Rice

or

"Build your Own" Vegetarian Mexican Flatbread with Steamed Rice (Ve)

or

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

served with Sweetcorn

Fresh Fruit Selection

Wednesday

Roast Chicken with Roast Potatoes and Gravy

or

Vegetarian Cottage Pie with Gravy (Ve)

or

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

served with Carrots and Broccoli

Homemade Flapjack with Apple Wedges

Thursday

Pork Bolognese with **Pasta**

or

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

served with Mixed Vegetables

Homemade Cocoa Sponge with Cocoa Sauce

Friday

Chicken Goujons

or

Garden Vegetable Goujons (Ve) with Chips

or

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

served with Peas **or** Baked Beans

Homemade Cinnamon Bun

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Week Two: 9 Nov | 30 Nov | 4 Jan | 25 Jan | 22 Feb | 15 Mar - Fresh Fruit Available Daily

Monday

Margherita Pizza with Tomato Pasta (Ve)

or

Loaded Tomato and Bean Bake (Ve)

or

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

served with Salad Sticks

Homemade Cocoa Cupcake

Tuesday

Chicken Fajita with **Homemade Flatbread** and Potato Wedges

or

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

served with Peas and Sweetcorn

Fruit Jelly

Wednesday

Pork Sausages with Mashed Potato and Gravy

or

Cheese and Potato Pie with Gravy (Ve)

or

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

served with Mixed Vegetables

Homemade Oaty Cookie

Thursday

Chicken and Tomato Pasta

or

Vegetable Curry and Steamed Rice (Ve)

or

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

served with Broccoli

Homemade Shortbread

Friday

Fish Fingers

or

Garden Vegetable Goujons (Ve) with Chips

or

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

served with Peas **or** Baked Beans

Fresh Fruit Selection

Week Three: 16 Nov | 7 Dec | 11 Jan | 1 Feb | 1 Mar | 22 Mar - Fresh Fruit Available Daily



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Please note: Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens.