

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

1

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 Roast Potatoes 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 Mashed Potato 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

3

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