

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

Margherita Pizza
with Potato Wedges (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Crunchy Vegetable Sticks

Homemade Lemon Cupcake

Tuesday

Chicken Fillet
with Mexican Rice
or
Cheese and Tomato Pasta Bake (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Sweetcorn

Homemade Pear and Ginger Sponge with Custard

Wednesday

Pork Sausages
or
Plant Sausages (Ve) with Mashed Potato and Gravy
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Broccoli and Carrots

Iced Fruit Smoothie

Thursday

Beef Bolognese with **Pasta**
or
Sweet Potato and Lentil Curry with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Mixed Vegetables

Homemade Cocoa Cupcake

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Peas **or** Baked Beans

Homemade Shortbread with Apple Wedges

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
with Potato Wedges (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Baked Beans

Homemade Autumn Muffin

Tuesday

Mexican Beef
with Steamed Rice
or
BBQ Plant Balls with **Pasta** (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Mixed Salad

Iced Fruit Smoothie

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Cheese and Potato Pie (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Cabbage and Carrots

Homemade Shortbread

Thursday

Pork and Carrot Meatballs in Tomato Sauce with **Pasta**
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Peas and Sweetcorn

Homemade Apple Crumble with Custard

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Peas **or** Baked Beans

Homemade Shortbread with Orange Wedges

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar — Fresh Fruit Available Daily

3

Monday

Margherita Pizza
with **Tomato Pasta** (Ve)
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Sweetcorn

Homemade Cocoa Sponge with Sauce

Tuesday

Chicken Curry with Steamed Rice
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Mixed Vegetables

Iced Fruit Smoothie

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Carrots and Green Beans

Homemade Shortbread with Apple Wedges

Thursday

Pork and Carrot Meatballs
or
Plant Sausages (Ve) in a **Homemade Roll** with Potato Wedges
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Peas and Sweetcorn

Fruit Jelly

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans, **DF Cheese or Tuna (no mayo)**

served with Peas **or** Baked Beans

Homemade Iced Sprinkle Cake

Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar — Fresh Fruit Available Daily

