



Fresh Ideas Feeding Minds



# 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

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### Monday

Margherita Pizza  
with Potato Wedges (Ve)  
or  
Sweet Potato and Lentil  
Curry with Steamed Rice (Ve)  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Sweetcorn  
Pip Organic Ice Lolly

### Tuesday

Sweet and Sour Chicken  
with Steamed Rice  
or  
Cheese and Tomato  
Pasta Bake (Ve)  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Mixed  
Vegetables  
Homemade  
Chocolate Cake

### Wednesday

Roast Turkey  
or  
Plant-based Sausage  
with Roast Potatoes  
and Gravy  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Carrots  
and Green Beans  
Homemade Flapjack  
with Orange Wedges

### Thursday

Pork Sausage  
Pinwheel  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Mixed Salad  
Fruit Jelly

### Friday

Fish Fingers  
or  
Garden Vegetable Bites (Ve)  
with Chips  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Peas  
or Baked Beans  
Homemade Shortbread

Week One: 21 Apr | 12 May | 9 Jun | 30 Jun | 21 Jul | 15 Sept | 6 Oct — Fresh Fruit Available Daily

2

### Monday

Cheese and  
Tomato Pasta (Ve)  
or  
Sweet and Sour Plant Balls  
with Steamed Rice (Ve)  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Mixed Vegetables  
Pip Organic Ice Lolly  
Orange Cupcake

### Tuesday

BBQ Chicken  
with Steamed Rice  
Or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Sweetcorn  
Oaty Cookie

### Wednesday

Roast Gammon with  
Roast Potatoes & Gravy  
or  
Vegemince Cottage Pie (Ve)  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Peas & Carrots  
Iced Fruit Smoothie

### Thursday

Meatballs  
or  
Plant Sausages (Ve)  
in Tomato Sauce with  
Pasta  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Mixed Salad  
Homemade Summer Berry  
and Apple Slice

### Friday

Chicken Goujons  
or  
Vegan Enchilada with Chips  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Peas or Baked Beans  
Homemade Chocolate  
Shortbread with a  
Melon Wedge

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Week Two: 28 Apr | 19 May | 16 Jun | 7 Jul | 1 Sept | 22 Sept | 13 Oct — Fresh Fruit Available Daily

### Monday

Homemade Cheese and  
Tomato Pizza Swirl  
with Potato Wedges  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Peas & Sweetcorn  
Iced Fruit Smoothie

### Tuesday

Pork and Lentil Bolognese  
with Pasta and Homemade  
Garlic Bread  
Or  
Loaded Bean Bake with  
Homemade Garlic Bread (v)  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Mixed Salad  
Blueberry Cupcake

### Wednesday

Pork Sausages  
or  
Plant Sausages  
with Mashed Potato  
and Gravy  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with  
Cabbage & Carrots  
Homemade  
Carrot Cake

### Thursday

Breaded Chicken  
with  
Steamed Rice  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Crunchy  
Salad Sticks  
Homemade  
Chocolate Oatcake with  
Orange Wedges

### Friday

Fish Fingers  
or  
Margarita Wrap with Chips  
or  
Jacket Potato with Baked  
Beans and/or DF Cheese  
served with Peas  
or Baked Beans  
Homemade Shortbread  
with Apple Wedges

Week Three: 5 May | 2 Jun | 23 Jun | 14 Jul | 8 Sept | 29 Sept | 20 Oct — Fresh Fruit Available Daily



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group

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