

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

Margherita Pizza
with Potato Wedges (Ve)
or
Sweet Potato Curry
with
Steamed Rice (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Fresh Seasonal Veg
Iced Fruit Smoothie

Tuesday

Chicken Goujons with
Savoury Rice
or
Bean Burger with
Savoury Rice (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with **Coleslaw**

**Homemade
Chocolate Sponge Cake**

Wednesday

Roast Turkey with Roast
Potatoes and Gravy
or
Plant Sausages with Roast
Potatoes and Gravy (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Fresh Carrots & Cabbage

**Homemade
Iced Shortbread**

Thursday

Meatballs in Tomato Sauce
with **Pasta**
or
Tex Mex Chilli
Loaded Wedges (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Country Mixed Veg

**Apple Crumble
& Custard**

Friday

Fish Fingers
or
Vegetable Enchilada (Ve)
& Chips
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with Peas
or Baked Beans

Chocolate Shortbread with
Orange Wedges

Week One: 3 Nov | 24 Nov | 15 Dec | 19 Jan | 9 Feb | 9 Mar | 30 Mar — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
with **Tomato Pasta (Ve)**
or
Vegemince Bolognese
with Pasta (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Peas & Sweetcorn
Organic Pip Ice Lolly

Tuesday

Pork Sausage Pinwheel
with Potato Wedges
or
Plant Sausage Pinwheel
with Potato Wedges (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with Baked Beans
Homemade Shortbread
with Apple Wedges

Wednesday

Roast Gammon with Roast
Potatoes and Gravy
or
Cheese and Potato Pie (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Fresh Carrots & Green Beans
Iced Fruit Smoothie

Thursday

Chicken Burrito Bake
or
**Cheese and Tomato
Pasta Bake (Ve)**
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Country Mixed Veg
Iced Sponge Cake

Friday

Chicken Goujons
with Chips
or
Garden Vegetable Bites (Ve)
& Chips
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with Peas
or Baked Beans
Oaty Cookie

3

Week Two: 10 Nov | 1 Dec | 5 Jan | 26 Jan | 23 Feb | 16 Mar — Fresh Fruit Available Daily

Monday

**Cheese and
Tomato Pasta (Ve)**
or
Vegetable Enchilada (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Fresh Seasonal Veg
Iced Fruit Smoothie

Tuesday

Chicken Curry
with Steamed Rice
or
Veggie Curry (Ve)
with Steamed Rice
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with Peas
Homemade Jam Sponge

Wednesday

Pork Sausages
or
Plant Sausages (Ve)
with Mashed Potato
and Gravy
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Fresh Carrots & Peas
Organic Pip Ice Lolly

Thursday

Homemade Fish Pie
or
Leek and Potato Pie (Ve)
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with
Sweetcorn & Broccoli
Carrot Cake

Friday

Fish Fingers
& Chips
or
Garden Vegetable Bites (Ve)
& Chips
or
Jacket Potato with Baked
Beans **and/or** DF Cheese

served with Peas
or Baked Beans
Apple Flapjack

Week Three: 17 Nov | 8 Dec | 12 Jan | 2 Feb | 2 Mar | 23 Mar — Fresh Fruit Available Daily

