

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 **and/or DF Cheese**

served with Peas
and Sweetcorn

Iced Fruit Smoothie

Tuesday

Chicken Goujons in a
Homemade Roll with
Steamed Rice and a **Dip**
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Salad Sticks

Homemade Jam Sponge
with Custard

Wednesday

Roast Chicken 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 Carrots
and Cabbage

**Homemade
Shortbread**

Thursday

Pork and Carrot Meatballs in
Tomato Sauce with **Pasta**
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed
Vegetables

Fruit Jelly

Friday

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

served with Peas
or Baked Beans

Homemade Cocoa Shortbread
with Orange Wedges

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

2

Monday

Margherita Pizza
with **Tomato Pasta (Ve)**
or
Sweet Potato Curry with
Steamed Rice (Ve)

or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Salad Sticks

**Homemade Cocoa
Orange Cupcake**

Tuesday

Mexican Chicken Bake
with Steamed Rice
or
**Cheese and Tomato
Pasta Bake (Ve)**
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Peas
and Sweetcorn

Homemade Shortbread
with Apple Wedges

Wednesday

Roast Chicken with Roast
Potatoes and Gravy

or
Cheese and Potato Pie (Ve)
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Carrots
and Green Beans

Iced Fruit Smoothie

Thursday

Pork Sausage Pinwheel
or
Plant Sausage Pinwheel (v)
with Potato Wedges
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Baked Beans

Fruit Jelly

Friday

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

served with Peas
or Baked Beans

**Homemade Iced
Sprinkle Cake**

3

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

Monday

Plant Balls in Tomato Sauce
with Steamed Rice (Ve)

or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed
Vegetables

Homemade Shortbread
with Apple Wedges

Tuesday

**Pork Chilli
Loaded Wedges**
or
**Cheese and Tomato
Pasta Bake (Ve)**
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed Salad

**Homemade Cocoa
Sponge with Cocoa Sauce**

Wednesday

Pork Sausages
or
Plant Sausages (Ve)
with Mashed Potato
and Gravy
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Carrots and Peas

Fruit Jelly

Thursday

Chinese-Style Chicken
with **Steamed Rice**
or
Cheese and Potato Pie (Ve)
or

Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Sweetcorn
and Broccoli

Iced Fruit Smoothie

Friday

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

served with Peas
or Baked Beans

**Homemade
Carrot Cake**

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