

Allergen Aware Weekly Menu

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 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
 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

Chicken Goujons 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

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

3

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

Pasta Bolognese or **Leek and Potato Pie (Ve)**
 or
 Jacket Potato with Baked Beans **and/or DF Cheese**
 served with Sweetcorn & Broccoli
Carrot Cake

Friday

Chicken Goujons & 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

