

ALLERGY INFORMATION
If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.



ALLERGEN KEY

A Gluten **B** Crustaceans **C** Molluscs **D** Fish **E** Peanuts **F** Nuts **G** Eggs
H Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

Week 1

5th Sept / 17th Oct / 28th Nov

Week 2

12th Sep / 24th Oct / 5th Dec

Monday

Meat free day

✓ Penne pasta bake served with sweetcorn & peas (A, I)
✓ Jacket Potato with a choice of cheese/beans (A, I)
S Salad
D Fruit

Meat free day

✓ Lentil dhal & Mumbai diced potatoes served with basmati rice
✓ Jacket Potato with a choice of cheese/beans (A, I)
S Salad
D Fruit

Tuesday

M Chinese style crispy chicken served with a basmati rice (H)
✓ Savoury rice
S Carrots
D Yoghurt (I)

M Great British bangers and mash potato served with steamed carrots and gravy (A)
✓ Cheese & tomato pasta (A, I)
S Salad
D Chocolate chip oat cookie or yoghurt (A, I)

Wednesday

M Traditional cottage pie served with broccoli (I)
✓ Cheese & tomato baguette (A, I)
S Salad
D Fruit

M Spaghetti Bolognese (A)
✓ Chinese noodles with paneer (A, I)
S Salad
D Fruit

Thursday

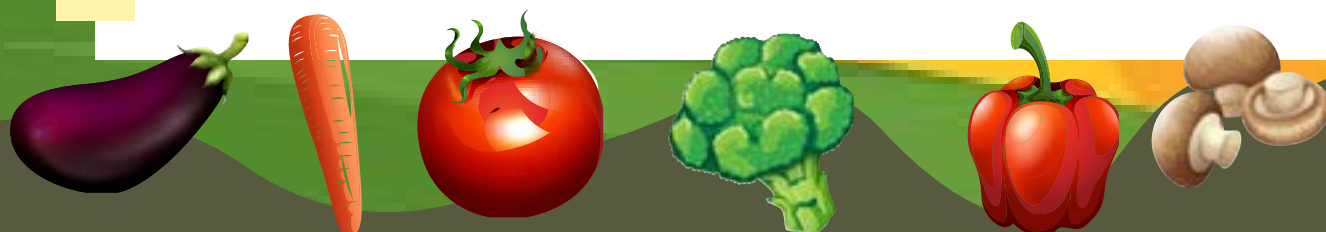
M Chicken patty burger served with onion rings & slaw (A, I)
✓ Vegetable burger served with onion rings & slaw (A, I)
S Salad
D Lemon drizzle cake (A, G, I)

M Butterfly grilled chicken served with Yorkshire pudding & gravy (A, G)
✓ Falafel served with sticky lemon rice (A)
S Carrots & broccoli
D Pineapple upside down cake (A, G, I)

Friday

M Fish fingers & chips served with peas & sweetcorn (A, D)
✓ Vegetable & red kidney bean enchiladas served with chips & baked beans (A)
S Salad
D Fruit

M Fish fingers & chips served with baked beans or peas (A, D)
✓ Pizza baguette (A, I)
S Salad
D Fruit



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Week 3

19th Sep / 30th Oct / 12th Dec

Week 4

26th Sep / 7th Nov / 19th Dec

Monday

Meat free day

- ✓ Chickpea & vegetable biryani served with yoghurt (I)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Meat free day

- ✓ Vegetable fajita pasta served with kidney Beans & sweetcorn (A)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday

- M BBQ spiced chicken served with roast potatoes & green peas
- ✓ Sweet potato curry served with pitta bread (A)
- S Salad
- D Jelly

- M Chicken & butternut squash curry served with basmati rice
- ✓ Butternut squash curry served with basmati rice
- S Salad
- D Yoghurt (I)

Wednesday

- M Meat & potato pie served with steamed vegetables (A)
- ✓ Vegetable & potato pie (A)
- S Salad
- D Fruit

- M Cheeseburger served with wedges (A)
- ✓ Veggie burger served with wedges (A)
- S Salad
- D Fruit

Thursday

- M Tandoori chicken pizza served with garlic bread (A, I)
- ✓ Margarita pizza served with garlic bread (A, I)
- S Salad
- D Beetroot & chocolate cake served with custard (A, G, I)

- M Chicken, sweetcorn and leek pie (A, I)
- ✓ Vegetable pie (A)
- S Glazed carrots & Salad
- D Marble cake (A, G, I)

Friday

- M Fish fingers & chips served with baked beans or sweetcorn (A, D)
- ✓ Stir fried vegetable noodles (A)
- S Salad
- D Fruit

- M Fish fingers & chips served with baked beans or peas (A, D)
- ✓ Mac & cheese with broccoli (A, I)
- S Salad
- D Fruit



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Week 5

3th Oct / 14th Nov

Week 6

10th Oct / 21st Nov

Monday

Meat free day

- ✓ Linguine with creamy tomato sauce served with sweetcorn (A, I, J)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruits

Meat free day

- ✓ One pot pasta served with sweetcorn & cheese (A, I)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday

- M Oven baked chicken served with roast potatoes & mixed vegetables
- ✓ Cheese flan (A, G, I)
- S Salad
- D Courgette cake with lemon drizzle (A, G, I)

- M Honey & lime flavoured chicken served with herby potato, green beans and gravy (A)
- ✓ Sweet potato & cauliflower korma served with bread/pitta (A)
- S Salad
- D Chocolate & orange marble cake (A, G, I)

Wednesday

- M Meat lasagne served with sweetcorn & broccoli (A, I)
- ✓ Vegetable lasagne served with sweetcorn & broccoli (A, I)
- S Salad
- D Fruits

- M Lebanese meat balls in tomato sauce served with rice & peas
- ✓ Lentil & sweet potato curry served with rice & salad
- D Fruit slices and crackers with cheese spread (A, I)

Thursday

- M Chicken tagine served with rice
- ✓ Spinach & potato Balti served with rice
- S Salad
- D Yoghurt (I)

- M Mexican chicken pizza (A)
- ✓ Cheese & tomato pizza (A, I)
- S Pasta salad (A,)
- D Fruit jelly

Friday

- M Fish fingers & chips served with mushy peas or baked beans (A, D)
- ✓ Cheese & tomato sandwich (I)
- S Salad
- D Fruit

- M Fish fingers & chips served with baked beans or sweetcorn (A, D)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

