

ALLERGY INFORMATION
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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

2nd Jan / 13th Feb / 27th Mar

Week 2

9th Jan / 20th Feb / 3rd Apr

Monday



Meat free day

- ✓ Creamy tomato pasta served with sweetcorn and carrots (A, I, J, H)
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit



- ✓ Lentil dhal curry served with Bombay potato & basmati rice (A, I, J, H)
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday



- M Shepherds pie served with broccoli and gravy (A, I, J, H)
- ✓ Vegetable noodles s (A, I, J, H)
- S Salad
- D Homemade shortbread biscuit (A, I)



- M Cajun chicken pasta bake served with green beans & carrots (A, I, J, H)
- ✓ Roasted corn & cheese quesedilla served with green beans and carrots (A, I, J, H)
- S Salad
- D Jelly & fruit

Wednesday



- M Grilled chicken burger served with wedges (A, I, J, H)
- ✓ Veggie burger served with wedges (A, I, J, H)
- S Salad
- D Yoghurt & fruit (I)



- M Moroccan mutton meat tagine served with rice, broccoli & peas (A, I, J, H)
- ✓ Moroccan chickpea & vegetable tagine (A, I, J, H)
- S Salad
- D Fruit

Thursday



- M Chicken & bell pepper curry served with rice (A, I, J, H)
- ✓ Spinach, potato & chickpea curry served with rice (A, I, J, H)
- S Salad
- D Carrot cake served with custard (A, G, I)



- M Digaag Duban (Somali style baked chicken) served with roast potatoes, carrots, sweetcorn & gravy (A, I, J, H)
- ✓ Qudaar La Shiilay (vegetable stir fry) (A, I, J, H)
- S Salad
- D Vanila Bundt cake (A, G, I)

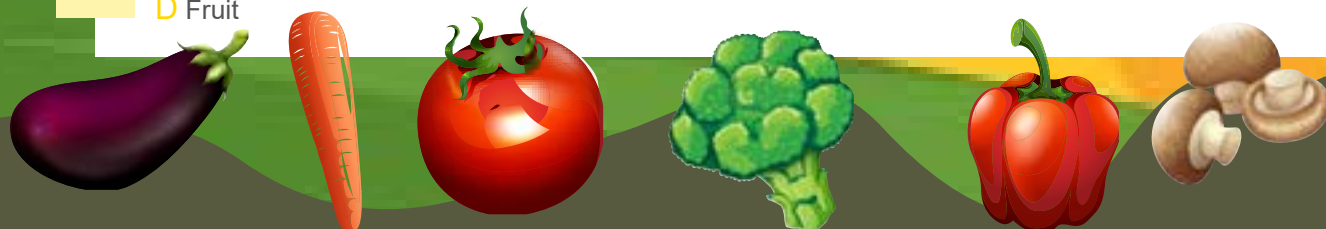
Friday



- M Fish fingers & chips served with steamed mixed vegetables & baked beans (A, D, I, H)
- ✓ Jacket Potato with a choice of beans/cheese (A, I)
- S Salad
- D Fruit



- M Fish fingers & chips served with steamed mixed vegetables & baked beans (A, D, I, H)
- ✓ Cheese & tomato sandwiches (A, I)
- S Salad
- D Fruit



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Week 3

16th Jan / 27th Feb / 27th Mar

Week 4

23rd Jan / 6th Mar

Monday



Meat free day

- ✓ Spaghetti served with tomato sauce, cheese & sweet corn (A, I, J, H)
- ✓ Jacket Potato served with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday



- M Chicken tikka curry served with rice (A, I, J, H)
- ✓ Bombay sandwich (A, I, J, H)
- S Salad
- D Ice cream (I)

Wednesday



- M Meat burger served with oven baked wedges (A, I, J, H)
- ✓ Vegetable/ bean burger served with oven baked wedges (A, I, J, H)
- S Salad
- D Yoghurt & fruit (I)

Thursday



- M BBQ chicken pizza served with sweetcorn & slaw (A, I, J, H)
- ✓ Margarita pizza served with sweetcorn & slaw (A, I, J, H)
- S Slaw
- D Beetroot & chocolate cake served with custard (A, G, I)

Friday



- M Fish fingers & chips served with mixed vegetables & baked beans (A, D, I, H)
- ✓ Cheese & tomato panini served with chips (A, I, H)
- S Salad
- D Fruit



Meat free day

- ✓ Tomato macaroni served with broccoli
- ✓ Jacket Potato served with a choice of cheese/beans (A, I)
- S Salad
- D Fruit



- M Classic chicken & potato pie served with green beans & glazed carrots (A, I, J, H)
- ✓ Cheese & onion pie served with green beans & glazed carrots (A, I, J, H)
- S Salad
- D Apple cake served with custard (A, G, I)



- M Pakistani aloo & keema served with rice (A, I, J, H)
- ✓ Vegetable & paneer curry served with rice (A, I, J, H)
- S Salad
- D Fruit chaat



- M Chicken & vegetable chow mein (A, I, J, H)
- ✓ Vegetable chow mein (A, I, J, H)
- S Salad
- D Rhubarb crumble served with custard ((A, I)



- M Fish fingers & chips served with steamed mixed vegetables & baked beans (A, D, I, H)
- ✓ Cheese & potato pinwheel served with chips (A, I, J, H)
- S Salad
- D Fruit



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Week 5

30th Jan / 13th Mar

Week 6

6th Feb / 20th Mar

Monday



Meat free day

- ✓ Tomato, onion & cream sauce pasta served with mixed vegetables (A, I, J, H)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Meat free day

- ✓ Vegetable pilau rice served with raita (A, I, J, H)
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday



- M Chicken & butternut squash curry served with rice (A, I, J, H)
- ✓ Savoury rice (A, I, J, H)
- S Salad
- D Blueberry cake served with custard (A, G, I)



- M Garlic herb butter flavoured chicken served with roast potatoes, sweetcorn, green beans and gravy (A, I, J, H)
- ✓ Chickpea curry served with bread/ pitta (A, I, J, H)
- S Salad
- D Cornflake tart served with custard (A, I)

Wednesday



- M Bangers and mash served with baked beans (A, I, J, H)
- ✓ Classic cauliflower & broccoli cheese (A, I, J, H)
- S Salad
- D Fruit



- M Spaghetti & Turkish meatballs in tomato sauce served with peas (A, I, J, H)
- ✓ Green beans & potato curry served with rice (A, I, J, H)
- S Salad
- D Fruit

Thursday



- M Sweet and sour chicken served with chow mein noodles and broccoli (A, I, J, H)
- ✓ Grilled cheese sandwich served with slaw (A, G, I)
- S Salad
- D Chocolate brownie (A, G, I)



- M Tandoori chicken pizza served with garlic bread (A, I, J, H)
- ✓ Vegetable pizza served with garlic bread (A, I, J, H)
- S Slaw (G, I)
- D Ice cream & fruit (I)

Friday



- M Fish fingers & chips served with mixed vegetables & baked beans (A, D, I, H)
- ✓ Pizza baguette served with chips & beans (A, I, J, H)
- S Salad
- D Fruit



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

