



WEEK 1

MEAT-FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN allergens

Jacket potato with baked beans, cheese or tuna
Milk F

Chicken tikka masala and rice
G (may contain wheat)

Spaghetti bolognese with garlic bread
G (wheat)

Smoky sausage ragu pasta (pork or chicken)
G (wheat) Su

Fish fingers and chips
G (wheat) F

VEGETARIAN allergens

Jacket potato with baked beans and cheese
Milk

Spinach & sweet potato curry & rice
G (may contain wheat)

Cheese, onion & sweetcorn quiche, new potatoes
Milk G (wheat) E

Meat-free sausage ragu
G (wheat) So

Vegetable fingers and chips
G (wheat)

DESSERT allergens

Vanilla ice cream
Milk

Fruit

Lemon drizzle cake
G (wheat)

Yoghurt or fresh fruit
Milk

Orange jelly and mandarins (V)

WEEK 2

MEAT-FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN allergens

Tomato and basil OR pesto pasta
G (wheat)

Sausages, new potatoes, peas or beans
Su G (wheat)

Sticky chicken and rice
So

Chicken and rice

Margherita pizza and chips OR sun-dried tomato pasta
Milk G (wheat)

VEGETARIAN allergens

Tomato and basil OR pesto pasta
G (wheat)

Meat-free sausage, new potatoes, peas or beans
So G (wheat)

Singapore noodles
G (wheat) E So

Chickpea dal and rice
Milk

Margherita pizza and chips OR sun-dried tomato pasta
Milk G (wheat)

DESSERT allergens

Yoghurt or fresh fruit
Milk

Fruit

Spiced oat cookies
G (oats)

Yoghurt or fresh fruit
Milk

Strawberry jelly and fruit cocktail (V)

ALLERGEN KEY

G gluten (wheat, barley, oats or rye)

Milk milk

E eggs

F fish

Cr crustacea

S sesame

C celery

M mustard

So soyabean

Mo molluscs

L lupin

Su sulphur dioxide/sulphites

Pn peanuts

Tn tree nuts

Unfortunately, as food allergens are present in our kitchen, we cannot guarantee any menu items will be completely free from a particular allergen. If you have any food allergies or intolerances please let us know so we can help you choose a meal.

Parents are welcome to discuss allergies direct with the chef via the school office.