

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. Our Refined Soyabean oil (produced from genetically modified soya)



Available Daily

- Bread with butter
 - Jacket Potatoe with Cheese

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

8th Jan / 19th Feb

Week 2

15th Jan / 26th Feb

Monday



Meat free day

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



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

Tuesday



- M Chicken & bell pepper curry served with rice
- ✓ Spinach, potato & chickpea curry served with rice.
- S Salad
- D Yogurt or Fruit (I)



- M Digaag Duban served with roast potatoes, carrots, sweetcorn & gravy (A, H)
- ✓ Qudaar La Shiilay (vegetable stir fry)
- S Salad
- D Banana Cake with Custard or Fruit/Banana (A, G, I)

Wednesday



- M Shepherds pie served with broccoli and gravy (A, I, J, H)
- ✓ Scalloped corn casserole (A, I, G)
- S Salad
- D Carrot cake served with custard (A, G, I)



- M Moroccan mutton meat tagine served with rice, broccoli & peas
- ✓ Moroccan chickpea & vegetable tagine
- S Salad
- D Fruit

Thursday



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



- M Red sauce chicken pasta served with carrots (A, I)
- ✓ Roasted Corn & cheese quesedilla served with carrots (A, I)
- S Salad
- D Jelly

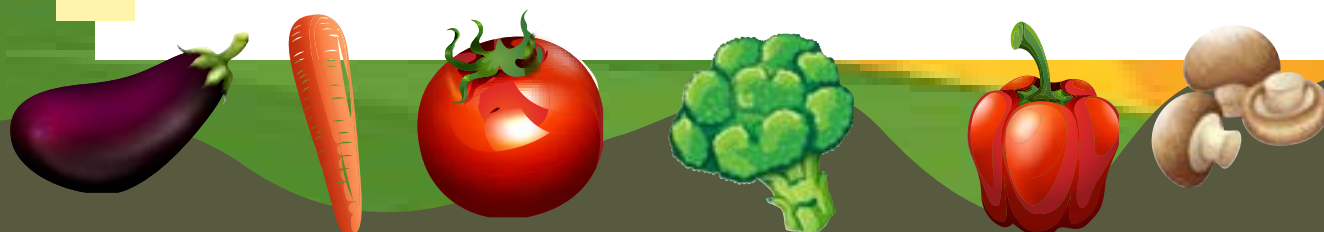
Friday



- M Fish fingers & chips served with steamed mixed vegetables or baked beans (A, D)
- ✓ Enchiladas (A, I)
- S Salad
- D Homemade Biscuits (A, I)



- M Fish fingers & chips served with steamed mixed vegetables or baked beans (A, D)
- ✓ Potato gratin (A, I, J)
- S Salad
- D Fruit



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Week 3

22nd Jan / 4th Mar

Week 4

29th Jan / 11th Mar

Monday



Meat free day

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

Tuesday



- M Chicken tikka curry served with 50/50 Rice
- ✓ Bombay sandwich (A)
- S Salad
- D Beetroot & chocolate cake served with custard (A, G, I)

Wednesday



- M Meat burger served with oven baked wedges (A)
- ✓ Vegetable/ bean burger served with oven baked wedges (A)
- S Salad
- D Fruit (I)

Thursday



- M BBQ chicken pizza served with sweetcorn (A, I)
- ✓ Margherita pizza served with sweetcorn (A, I)
- S Slaw
- D Ice Cream or Fruit (I)

Friday



- M Fish fingers & chips served with Baked beans (A, D)
- ✓ Falafel Wrap (A)
- S Salad
- D Fruit



Meat free day

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



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



- M Pakistani aloo & keema served with 50/50 rice.
- ✓ Vegetable curry served with rice (I)
- S Salad
- D Fruit chaat/bowl



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



- M Fish fingers & chips served with Baked Beans (A, D)
- ✓ Cheese & tomato Panini served with chips (A, I)
- S Salad
- D Fruit



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Week 5

5th Feb / 18th Mar

Week 6

12th Feb / 25th Mar

Monday



Meat free day

- V Cream sauce pasta served with mixed vegetables (A, J)
- V Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Meat free day

- V Vegetable Pilau Rice served with Raita
- V Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit

Tuesday



- M Chicken & sweet potato curry served with 50/50 Rie.
- V Aubergine and paneer curry served with 50/50 rice
- S Salad
- D Chocolate brownie (A, G, I)



- M Jerk Chicken served with roast potatoes, sweet-corn & Gravy (A, H)
- V Chickpea curry served with bread/ pitta (A)
- S Salad
- D Rhubarb crumble served with custard (A, I)

Wednesday



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



- M Turkish meatballs with spaghetti in tomato sauce served with peas (A, I)
- V Vegetarian Mince & potato curry served with rice (A, I, G)
- S Salad
- D Ice cream or Fruit (I)

Thursday



- M Sweet and sour chicken served with noodles & Green Beans (A, H)
- V Egg fried rice. (G)
- S Salad
- D Jelly



- M Tandoori chicken pizza served with garlic bread (A, I)
- V Vegetable pizza served with garlic bread (A, I)
- S Coleslaw (I)
- D Choclote Sponge or fruit (A, G, I)

Friday



- M Fish fingers & chips served with Baked beans (A, D)
- V Pizza baguette served with chips (A, I)
- S Salad
- D Biscuits (A, I)



- M Fish fingers & chips served with mushy peas or Baked beans (A, D)
- V Mac & Cheese (A, I)
- S Salad
- D Fruit

