

**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)



### 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

Available Daily

- Bread with butter  
- Jacket Potato with Cheese

### Week 1

5th Jan / 16th Feb

### Week 2

12th Jan / 23rd Feb

Monday

#### Meat Free Day

- ✓ Creamy Tomato Pasta served with Sweetcorn & Peas (A, I, J)
- ✓ Jacket potato with a choice of Cheese/Beans (I)
- S Salad
- D Fruit

#### Meat Free Day

- ✓ Lentil Curry served with 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 Crackers & Cheese (A, I)

- M Digaag Duban served with roast potatoes, carrots, sweetcorn & gravy (A, H)
- ✓ Qudaar La Shiilay (Vegetable Stir Fry)
- S Salad
- D Yoghurt (I)

Wednesday

- M Shepherds Pie served with Carrots, Broccoli & Gravy (A, I, J)
- ✓ Vegetable Shepherds Pie
- S Salad
- D Sponge Cake served with Custard (A, I, G)

- M Moroccan Mutton Meat Tagine served with Rice, Broccoli & Peas
- ✓ Moroccan Chickpea & Vegetable Tagine
- S Salad
- D Mixed Berry Crumble served with Custard

Thursday

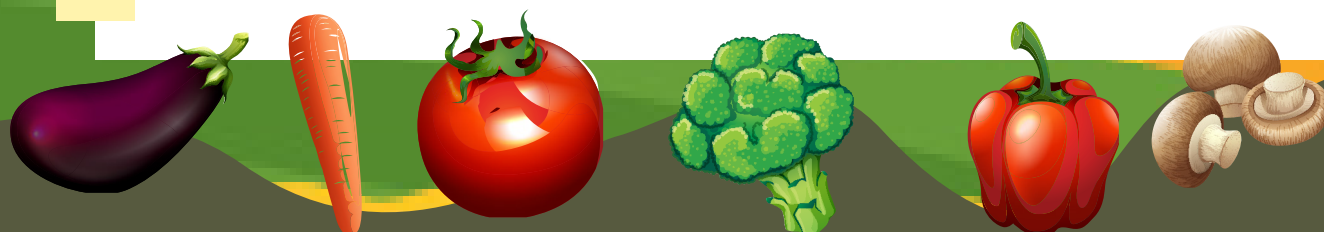
- M Bangers & Mash served with Wedges (A)
- ✓ Pasta Bake (A, I)
- S Salad
- D Fruit

- M Tomato Mac served with Green Beans & Carrots (A, I, J)
- ✓ Roasted Corn & Cheese Quesedilla served with Green Beans & Carrots (A, I)
- S Salad
- D Fruit

Friday

- M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)
- ✓ Stir Fried Noodles (A, H)
- S Salad
- D Fruit

- M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)
- ✓ Mac 'N' Cheese (A, I)
- S Salad
- D Fruit





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### Week 3

19th Jan / 2nd Mar

### Week 4

26th Jan / 9th Mar

Monday

#### Meat Free Day

- ✓ Spaghetti served with Tomato Sauce, Garlic Bread & Cheese/Sweetcorn (A, I, J)
- ✓ Jacket Potato served with a choice of Cheese/Beans (A, I)
- S Salad
- D Fruit

#### Meat Free Day

- ✓ Mac 'N' Cheese served with Tomato Sauce & Broccoli (A, I)
- ✓ Jacket Potato served with a choice of Cheese/Beans (A, I)
- S Salad
- D Fruit

Tuesday

- M Chicken Tikka Curry served with Fragrant Flavoured Rice
- ✓ Chickpea & Aubergine Curry served with Rice (A)
- S Salad
- D Crackers & Cheese (A, I)

- M Roast Chicken with Glazed Carrots, Cheesy Mash, Gravy & Sweetcorn
- ✓ Cheese & Onion Pie served with Baked Beans (A, I)
- S Salad
- D Yoghurt (I)

Wednesday

- ✓ Veggie Burger served with Potato Wedges (A)
- ✓ Jacket Potato served with a choice of Cheese/Beans (A, I)
- S Salad
- D Brownies

- M Spaghetti Bolognese served with Sweetcorn & Carrots (A, I, J)
- ✓ Cheese & Pepper Pasta Bake (A, I)
- S Salad
- D Cornflake Tart served with Custard (A, I)

Thursday

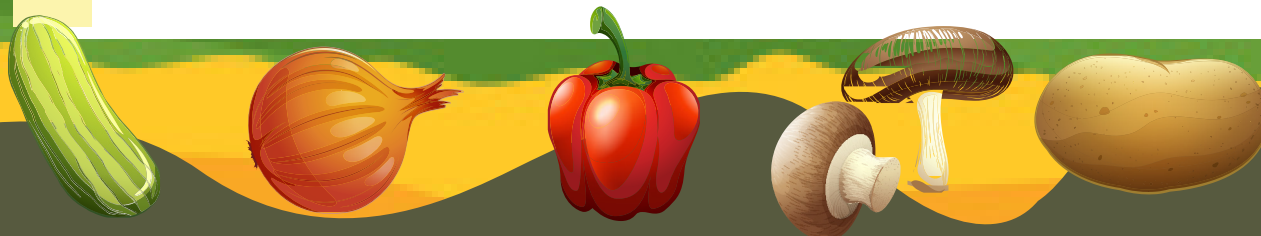
- M BBQ Chicken Pizza with Sweetcorn served with Pasta (A, I)
- ✓ Margherita Pizza with Sweetcorn (A, I)
- S Slaw (G)
- D Fruit

- M Chicken Curry served with Rice (A, H)
- ✓ Spinach & Potato Curry served with Rice (A, H)
- S Salad
- D Fruit

Friday

- M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)
- ✓ Falafel Wrap (A)
- S Salad
- D Fruit

- M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)
- ✓ Cheese & Tomato Panini served with Chips (A, I)
- S Salad
- D Fruit





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#### Week 5

2nd Feb / 16th Mar

#### Week 6

9th Feb / 23rd Mar



Monday

#### Meat Free Day

✓ Cheesy Broccoli Pasta Bake served with Mixed Vegetables (A, I)  
✓ Jacket Potato with a choice of Cheese/Beans (A, I)  
S Salad  
D Fruit



#### Meat Free Day

✓ Lemon Rice served with Raita (I)  
✓ Vegetable Biryani  
✓ Jacket Potato with a choice of Cheese/Beans (A, I)  
S Salad  
D Fruit



Tuesday

M Mango & Lime chicken served with Flavoured Rice (A, I)  
✓ Buffalo Cauliflower Wings served with Potato Wedges (A, I)  
S Salad  
D Fruit



M Jerk Chicken served with Roast Potatoes, Sweetcorn & Gravy (A, H)  
✓ Chickpea Curry served with Bread / Pitta (A)  
S Salad  
D Fruit



Wednesday

M Bangers & Mash served with Baked Beans & Gravy (A, I, H, J)  
✓ Veggie Burger (A, I)  
S Salad  
D Chocolate Cake served with Custard (A, I, G)



M Turkish Meatballs with Spaghetti in Tomato Sauce served with Peas (A)  
✓ Vegetarian Mince & Potato Curry served with Spaghetti (A)  
S Salad  
D Apple Crumble served with Custard (A, I)



Thursday

M Spaghetti Bolognese (A, H)  
✓ Crispy Veg Bolognese (H, J)  
S Salad  
D Fruit



M Tandoori Chicken Pizza served with Chips or Coleslaw (A, I, G)  
✓ Vegetable Pizza served with Chips or Coleslaw (A, G, I)  
S Cucumber Sticks  
D Fruit



Friday

M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)  
✓ Pizza Baguette served with Chips (A, I)  
S Salad  
D Fruit



M Fish Fingers & Chips served with 50/50 Veg & Beans (A, D)  
✓ Mac 'N' Cheese (A, I)  
S Salad  
D Fruit

