

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.



Available Daily

- Bread with butter
- Daily salad selection
- Jacket potato with a choice of cheese/beans
- Plain Pasta Served With Sauce Of The Day

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

Week 2



7th Sep / 19th Oct / 30th Nov



14th Sep / 26th Oct / 7th Dec

Monday

Meat Free Day

- V Pasta Bake (A, I, J) served with Sweetcorn & Peas
- V Jacket Potato with a choice of cheese (I) / Beans / Tuna (D, G)
- S Salad
- D Fruit

Meat Free Day

- V Lentil Dhal & Sweet Potato Curry served with Basmati Rice
- V Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Tuesday



- M Chicken Balti Curry served with Basmati Rice
- V Egg & Potato Curry (G)
- S Salad
- D Fruit



- M Cajun Grilled Chicken served with Roast Potatoes & Steamed Vegetables
- V Chickpea Curry
- S Salad
- D Fruit

Wednesday



- M Cheesy Shepherd's Pie (A, I, J) served with Broccoli
- V Vegetarian Shepherd's Pie (A, I, J)
- S Salad
- D Victoria Sponge Cake (A, I)



- M Spaghetti Bolognese served with Steamed Veg (A, J, H)
- V Pasta Bake (A, I, J)
- S Salad
- D Yoghurt (I)

Thursday



- M Chicken Fillet Burger (A) served with Wedges
- V Cheese Flan (A, I, G)
- S Salad
- D Fruit



- M Italian Chicken Pizza served with Garlic Bread (A, I)
- V Margherita Pizza (A, I)
- S Pasta Salad (A, I, G)
- D Fruit

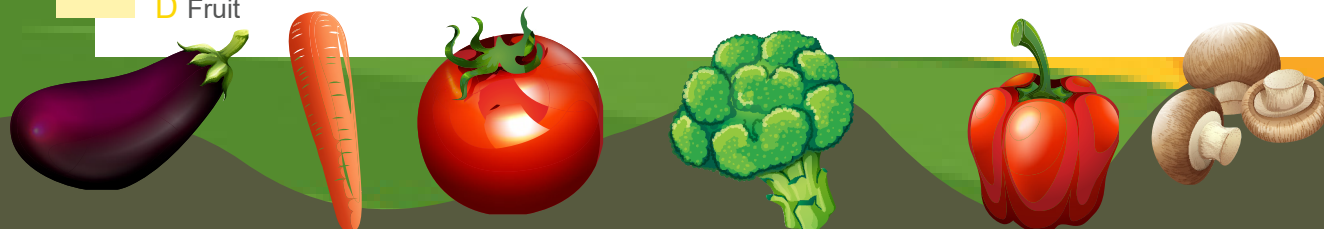
Friday



- M Fish Fingers (A, D) & Chips served with Baked Beans or Peas
- V Cheese & Tomato Toastie (A, I) served with Baked Beans
- S Salad
- D Fruit



- M Fish Fingers (A, D) & Chips served with Baked Beans
- V Vegetable Pinwheel (A, I, J)
- S Salad
- D Fruit



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Week 3



21st Sep / 2nd Nov / 14th Dec

Week 4



28th Sep / 9th Nov

Monday

Meat Free Day

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

Meat Free Day

- ✓ Vegetable Fajita Pasta (A, I, J) served with Sweetcorn
- ✓ Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Tuesday



- M Great British Bangers & Mashed Potato served with Baked Beans & Gravy (A, I, J, H)
- ✓ Vegan Sausages
- S Salad
- D Fruit



- M Butter Chicken (I) served with Basmati Rice
- ✓ Bombay Potato Curry served with Basmati Rice
- S Salad
- D Fruit

Wednesday



- M BBQ Spiced Chicken served with Boiled Carrots & Boiled Potatoes
- ✓ Sweet Yam Casserole (A, G) served with Pita Bread
- S Salad
- D Flavoured Jelly



- M Cheeseburger (A, I) served with Wedges
- ✓ Bean Burger (A) served with Wedges
- S Salad
- D Yoghurt (I)

Thursday



- M Flavours Of The Week Chicken served with Steamed Veg & Yorkshire Pudding (A, I, H, J)
- ✓ Aubergine & Mixed Vegetable Curry (A, J)
- S Salad
- D Fruit



- M Roast Chicken served with Mash, Gravy & Yorkshire Pudding (A, I, H)
- ✓ Cheese & Onion Pie (A, I, J, H) served with Beans
- S Glazed Carrots & Salad
- D Fruit

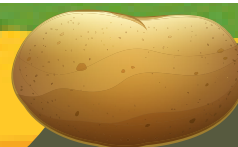
Friday



- M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
- ✓ Cheese Toastie (A, I)
- S Salad
- D Fruit



- M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
- ✓ Mac 'N' Cheese (A, I) with Roasted Broccoli
- S Salad
- D Fruit



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Week 5

5th Oct / 16th Nov



Week 6

12th Oct / 23rd Nov



Monday

Meat Free Day

- ✓ Creamy Linguine Pasta with Mascarpone Sauce (A, I, J, H)
- ✓ Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Meat Free Day

- ✓ Pizza Baguette (A, I) served with Sweetcorn
- ✓ Jacket Potato with a choice of Cheese (I) / Beans
- S Salad
- D Fruit

Tuesday



- M Chicken Tagine (A) served with Rice
- ✓ Moroccan Style Spinach & Potato Curry served with Rice
- S Salad / Couscous
- D Fruit



- M Turkish Meatballs in Tomato Sauce served with Spaghetti (A, I, J, H)
- ✓ Veg & Tomato Spaghetti (A, I)
- S Salad
- D Fruit

Wednesday



- M Chilli Mac 'N' Cheese (A, I) served with Steamed Veg
- ✓ Cauliflower Cheese Bake (A, I)
- S Salad
- D Sponge Cake served with Custard (A, I, G)



- M Nigerian Chicken Stew with Jollof Rice (J, H)
- ✓ Curried Vegetable Stew
- S Carrots & Peas
- D Yoghurt (I)

Thursday



- M Chicken Pizza served with Pasta (A, I)
- ✓ Margherita Pizza (A, I)
- S Salad
- D Fruit



- M Honey & Lime Flavoured Chicken served with Herby Potato, Green Beans & Gravy (A, J,)
- ✓ Savoury Rice (J, H)
- S Salad
- D Fruit

Friday



- M Fish Fingers (A, D) & Chips served with Mush Peas & Baked Beans
- ✓ Vegetable Pinwheel (A, I)
- S Salad
- D Fruit



- M Fish Fingers (A, D) & Chips served with Sweetcorn & Baked Beans
- ✓ Pizza Baguette (A, I)
- S Salad
- D Fruit

