



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

6th Jan / 24th Feb / 31st Mar

Week 2

13th Jan / 3rd Mar

Monday

Meat Free Day

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

Meat Free Day

- ✓ Lentil curry with spinach and sweet potato 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 Sponge cake with custard (A, I, G)

- 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 (A, G, I)

Wednesday

- M Shepherds pie served with Carrots, broccoli and gravy (A, I, J)
- ✓ Veggie shepherds pie
- S Salad
- D Flapjack (A)

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

Thursday

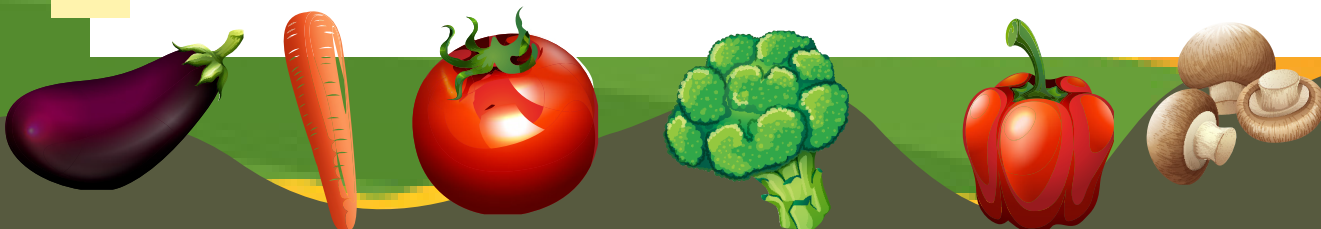
- ✓ Veggie burger served with wedges (A)
- ✓ Pasta bake ((A, I)
- S Salad
- D Oaty carrot cake (A, G)

- M Cajun chicken pasta sauce served with pasta, green beans & carrots (A, I, J)
- ✓ Roasted corn & cheese quesedilla served with green beans and carrots (A, I)
- S Salad
- D Brownies (A, G)

Friday

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Stir fried noodles (A, H)
- S Salad
- D Fruit

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Mac & cheese (A, I)
- S Salad
- D Fruit



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 Soybean oil (produced from genetically modified soya)



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Week 3

20th Jan / 10th Mar

Week 4

27th Jan / 17th 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

- ✓ Creamy macaroni with tomato sauce served 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
- ✓ Bombay sandwich (A)
- S Salad
- D Yoghurt (I)

- M Roast chicken with glazed carrots, cheesy mash, gravy & sweetcorn
- ✓ Cheese & onion pie served with baked beans (A, I)
- S Salad
- D Sponge cake served with custard (A, G, I)

Wednesday

- ✓ Veggie burger served with potato wedges (A)
- ✓ Jacket potato served with a choice of cheese/beans (A, I)
- S Salad
- D Crackers & cream cheese or fruit

- M Spaghetti bolognese served with sweetcorn & carrots (A, I, J)
- ✓ Cheese and pepper pasta bake (A, I)
- S Salad
- D Jelly

Thursday

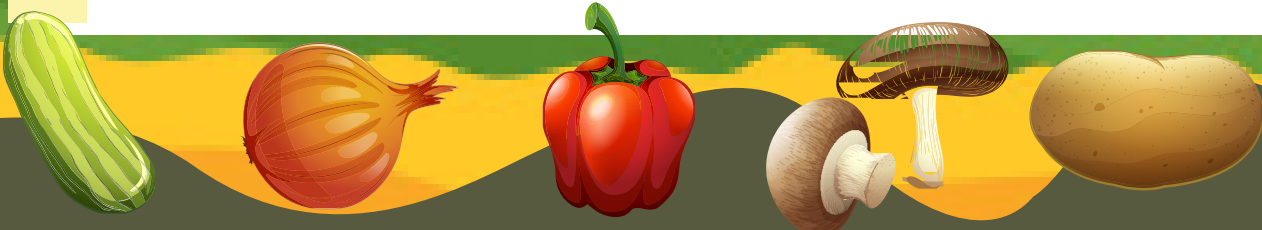
- M BBQ chicken pizza with sweetcorn served with pasta (A, I)
- ✓ Margherita pizza with sweetcorn & slaw (A, G, I)
- S Slaw (G)
- D Chocolate cake & custard (A, G, I)

- ✓ Veggie burger served with peri peri wedges (A, H)
- ✓ Vegetable chow mein (A, H)
- S Salad
- D Corn lake tart served with custard (A, I)

Friday

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Falafel wrap (A)
- S Salad
- D Fruit

- M Fish fingers & chips served with 50/50 veg and beans (A, D)
- ✓ Cheese & tomato Panini served with chips (A, I)
- S Salad
- D Fruit





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Week 5

3rd Feb / 24th Mar

Week 6

10th Feb / 31st 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)
- D Fruit

**Meat Free Day**

- ✓ Lemon rice served with raita (I)
- ✓ Pasta with tomato sauce
- ✓ Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Fruit



Tuesday

M Mango & lime chicken served with mac & cheese (A, I)

- ✓ Buffalo cauliflour wings served with potato wedges (A, I)
- S Salad



M Jerk chicken served with roast potatoes, sweetcorn & gravy (A, H)

- ✓ Chickpea curry served with bread/ pitta (A)
- S Salad
- D Apple crumble served with custard (A, I)



Wednesday

M Bangers and mash served with baked beans & gravy (A, I, H, J)

- ✓ Squash onion and spinach tart (A, I)
- S Salad
- D Chocolate brownie (A, G)



M Turkish meatballs with spaghetti in tomato sauce served with peas (A)

- ✓ Vegetarian mince & potato curry served with rice (A, G)
- S Salad
- D Jelly



Thursday

M Sweet and sour chicken served with chow mein noodles and green beans (A, H)

- ✓ Egg fried rice (G, H, J)
- S Salad
- D St clemant cake (A, G)



M Tandoori chicken pizza served with garlic bread or coleslaw (A, I, G)

- ✓ Vegetable pizza served with garlic bread or coleslaw (A, G, I)
- S Cucumber sticks
- D Chocolate sponge with chocolate custard (A, G, I)



Friday

M Fish fingers & chips served with 50/50 veg and beans (A, D)

- ✓ Pizza baguette served with chips (A, I)
- S Salad
- D Fruit



M Fish fingers & chips served with 50/50 veg and beans (A, D)

- ✓ Mac & cheese (A, I)
- S Salad
- D Fruit

