

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.



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
- Daily salad selection
- Jacket potato with a choice of cheese or margarine.

Week 1

Week 2



1st Sep / 12th Oct / 23rd Nov



7th Sep / 19th Oct / 30th Nov

Monday

Meat-Free Day

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

Meat-Free Day

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

Tuesday



- M Chicken Fillet Burger (A, I) served with Wedges
- V Cheese Toastie (A, I)
- S Salad
- D Lemon Cake (A, I, G)



- M Cajun Grilled Chicken served with Roast Potatoes & Broccoli
- V Chickpea Curry
- S Broccoli
- D Jelly

Wednesday



- M Spaghetti Bolognese (A, J, H) served with Steamed Carrots
- V Cheese & Tomato Baguette (A, I, J)
- S Steamed Carrots
- D Cheese Crackers (A, I) Or Fruit



- M Cheesy Shepherd's Pie (A, I, J) served with Green Beans
- V Bombay Sandwiches / Toasties (A, I, J)
- S Green Beans
- D Fruit

Thursday



- M Chicken Balti Curry with Peppers served with Basmati Rice
- V Pinwheel (A, I, H)
- S Salad
- D Cookies (A, I)



- M Chicken Biryani (I) served with Popadums
- V Savoury Rice
- S Raita (I)
- D Chocolate Sponge Cake (A, I, G)

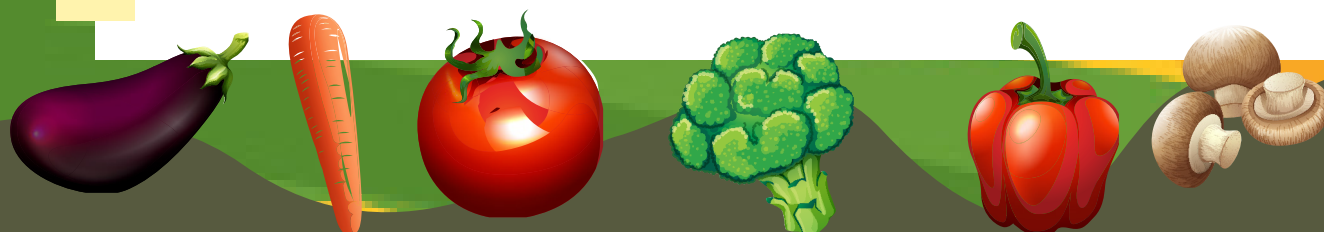
Friday



- M Fish Fingers & Chips (A, D) served with Baked Beans or Peas
- V Vegetable Fish Fingers
- S Peas
- D Fruit



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



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Available Daily

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- Daily salad selection
- Jacket potato with a choice of cheese or margarine.

Week 3



14th Sep / 26th Oct / 7th Dec

Week 4



21st Sep / 2nd Nov / 14th Dec

Monday

Meat-Free Day

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

Meat-Free Day

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

Tuesday



- M Jerk Chicken served with Rice & Peas
- ✓ Cajun Pasta (A, I)
- S Glazed Carrots & Salad
- D Cake Of The Day (A, G, I)



- M BBQ Spiced Chicken served with Broccoli & Yorkshire Pudding (A, I, G)
- ✓ Vegetable Nuggets (A, I, G)
- S Broccoli
- D Biscuits (A, I)

Wednesday



- M Great British Bangers & Mashed Potato served with Baked Beans, Glazed Carrots & Gravy (A, I, J, H)
- ✓ Vegetarian Quiche (A, I, G)
- S Carrots
- D Fruit



- M Cheeseburger (A, I, J) served with Wedges
- ✓ Jacket Potato served with Baked Beans
- S Salad
- D Fruit Or Yoghurt (I)

Thursday



- M Butter Chicken (I) served with Naan (A)
- ✓ Bombay Potato Curry served with Basmati Rice
- S Salad
- D Orange Cake (A, I, G)



- M Keema Pizza (A, I) served with Corn On The Cob
- ✓ Margherita Pizza (A, I)
- S Pasta Salad (A, I, G)
- D Jelly

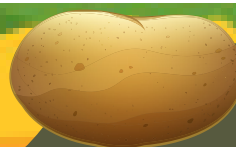
Friday



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



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



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Available Daily

- Bread with butter
- Daily salad selection
- Jacket potato with a choice of cheese or margarine

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Week 5

28th Sep / 9th Nov

Week 6

5th Oct / 16th Nov

Monday

Meat-Free Day

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

Meat-Free Day

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

Tuesday

- M Chicken Potato Curry served with Rice
- V Spinach & Potato Curry served with Rice
- S Salad
- D Chocolate Cake (A, G, I)

- M Mince & Potato Curry served with Pitta (A)
- V Vegetable & Spinach Spaghetti (A, I)
- S Salad
- D Victoria Sponge Cake (A, G, I)

Wednesday

- M Spaghetti Bolognese (A, J, H) served with Broccoli
- V Cauliflower Cheese Bake (A, I)
- S Salad
- D Yoghurt (I) Or Fruit

- M Pepperoni Pizza (A, I) served with Wedges
- V Margherita Pizza (A, I)
- S Salad
- D Yoghurt (I)

Thursday

- M Honey & Lime Flavoured Chicken (A, J) served with Herby Potato, Green Beans & Gravy (I)
- V Savoury Rice
- S Salad
- D Beetroot Cake (A, I, G)

- M Chicken Wings served with Jollof Rice (J, H)
- V Cheese & Onion Pastry (A, I, J)
- S Carrots & Peas
- D Jelly

Friday

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

- M Fish Fingers (A, D) & Chips served with Baked Beans & Sweetcorn
- V Quorn Nuggets (A, I, G)
- S Salad
- D Fruit

