

1st

Week

24th February

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

Monday Meat free day

- V Vegetable Fajita Pasta Served with Greens Beans & Sweetcorn (A)
- V Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
 - S Fresh green salad with cherry tomatoes & olives
 - D Seasonal sliced Fruit (Oranges/Grapes/melon)

Tuesday

- M Chicken Korma Served with Rice or Nan (I)
- V Tomato & Mozzarella Pizza Served with Garlic Bread (A, I) (ONLY AL NOOR)
 - S Fresh Salad
 - D Lemon Drizzle Cake (A, G, I)

Wednesday

- M Cheeseburger Served with chips (A)
- V Vegetable Burger Served with Chips (A)
 - S Fresh green Salad
- D Low sugar oat and pumpkin seed biscuit & Fruit Slices (A, I)

Thursday

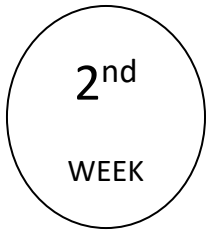
- M Meat lasagne with sweetcorn served with Garlic Bread (A, I)
- V Cheese on Toast served with Tomato & Basil Soup (A, I)
 - S Fresh Salad
 - D Jelly & Ice Cream (I)

Friday

- M Fish Fingers with wedges & Baked Beans (A, D)
 - V Vegetable Bites (IA, I)
 - S Salad
- D Selection of Fruits (Melon/Pineapple/Oranges)

ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER

WE RESERVE THE RIGHT TO MAKE CHANGES TO THE MENU BUT WILL NOTIFY THE SCHOOL BY 8.30AM ON THE DAY EFFECTED



Al Noor Primary Menu



2nd March

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

Monday Meat free day

- V Tagliatelle Tomato & Basil Sauce Served with Cheese, Greens Beans & Sweetcorn (A)
- V Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
- S Fresh green salad with cherry tomatoes & olives
- D Seasonal sliced Fruit (Melon/Oranges/Grapes)

Tuesday

- M Mince Pilau rice served with peas & yogurt (I)
- V Cheese & Tomato Pizza Served with Pasta Salad (A, G)
- S Salad
- D Banana Custard With biscuit (I)

Wednesday

- M Sausages & Chips served with Baked Beans (A)
- V Vegetable Noodles (A,)
- S Fresh Salad
- D Seasonal Sliced Fruit (Apples/oranges/Grapes)

Thursday

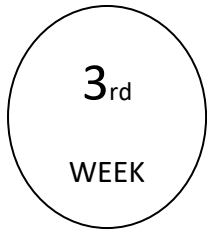
- M Chicken, Potato & sweetcorn Pie served with Green Beans & Carrots (A, I)
- V Cheese & tomato Pasta (A, I)
- S Salad
- D Marble Sponge Cake with Custard (A, G, I)

Friday

- M Fish Cakes served Homemade chips & with Mushy peas (A)
- V Bean Burger in a Bun served with Homemade chips (A)
- S Salad
- D Low sugar Caramel Tart or Fruit (A, I)

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9th March

ALLERGEN KEY

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H Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

Monday Meat free day

- V Spaghetti Pasta Served with Vegetable tomato sauce & cheese bake (A)
- V Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
- S Fresh green salad with cherry tomatoes & olives
- D Seasonal sliced Fruit (Apples/Oranges/melon)

Tuesday

- M Meat Stew Served with Sweet corn, Carrots and Mash Potato (A)
- V Potato chick peas curry Served with Basmati Rice
- S Salad Sticks
- D Pineapple upside-down cake (A, G, I)

Wednesday

- M Kofta Kebab Tomato curry served with Rice & Peas
- V Quorn Mince spaghetti Bolognese Served with Garlic Bread (A, G)
- S Cucumber Sticks
- D Oranges/Melon & Crackers with Grated Cheese (A, I)

Thursday

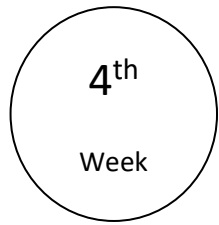
- M Jerk Chicken Served with Boiled mixed herbs potatoes & Peas (A, I)
- V Spinach & Potato Curry served wholemeal bread or Nan (A)
- S Carrot & sweet Corn
- D Jelly & Ice Cream (I)

Friday

- M Fish Fingers & Chips served with Baked Beans (A, D)
- V Rainbow Salad Wrap (A)
- S Salad
- D Chocolate Puddle Pudding with Mandarin puree & Sliced Fruits (A, G, I)

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16th March

ALLERGEN KEY

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H Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

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Monday Meat free day

- V** Wholemeal Penne Pasta Bake Served with Sweetcorn, Peas Carrots & Green Beans (A, I)
- V** Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
- S** Seasonal Salad
- D** Oranges or Melon

Tuesday

- M** Chinese Style Crispy Chicken with Carrots served with boiled Rice (H)
- V** Cheese & Onion Pie served with Seasoned Baked Beans (A, I)
- S** Buttery Steamed carrots (I)
- D** Apple strudel with custard (A, I)

Wednesday

- M** Traditional Cottage Pie served with Broccoli (I)
- V** Singaporean Noodles Served With spring Onion, coriander and ginger paneer (H, I)
- S** Seasonal Salad
- D** Chocolate Brownies & Fruit Slices (A, G, I)

Thursday

- M** Chicken Curry served with Boiled Carrots & Rice
- V** Vegetable Curry served with Rice
- S** Cucumber Sticks
- D** Fruit Slices (Melon/Pineapple/Grapes)

Friday

- M** Breaded Fish Fingers Served with Chips & beans (A, D)
- V** Mexican Bean Wrap Served with Chips (A)
- S** Fresh Green Salad
- D** Homemade cinnamon banana bread with poppy seeds

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5th

Week

23rd March

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Monday Meat free day

- V** Vegetable Curry, Lentil Dhal Served with Basmati Indian flavoured Rice & Poppadum's
- V** Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
- S** Carrot Sticks
- D** Sliced Fruit (Oranges/Apples & Grapes)

Tuesday

- M** Grilled Butterfly Chicken Served with wedges, Sweetcorn & Broccoli
- V** Quorn (G) Chow Mein with Noodles (A, H) Served With Prawn Crackers (D)
- S** Salad sticks
- D** Traditional Jam Sponge Cake with Custard (A, G, I)

Wednesday

- M** Great British Bangers and Mash Potato Served with Steamed Carrots and Gravy (A)
- V** Cheese & Tomato pasta
- S** fresh green Salad
- D** Chocolate Oaty Slices & Fruit (A, I)

Thursday

- M** Sweet & Sour Chicken with Red & Green Peppers served with Rice (H)
- V** Cheese & Tomato Baguette (A, I)
- S** cucumber sticks
- D** Carrot Cake (A, G, I)

Friday

- M** Golden Fish Fingers Served with Chips & Baked Beans (A, D)
- V** Creamy Mac "N" Cheese (A, I)
- S** Fresh Green Salad
- D** Rice Pudding With low Sugar Jam (I)

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6th

Week

30th March

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Monday Meat free day

- V** Chick Peas & Vegetable Biryani Served with Poppadum's
- V** Filled Baked Jacket Potato with a choice of Cheese/Beans (A, I)
 - S** Raita
 - D** Sliced Apples & Pears

Tuesday

- M** Roast Chicken Served with Roast potatoes & Sweet corn
- V** Cheese & Onion Potato Shell served with bbq Baked Beans (A, I)
 - S** Pasta Salad (tomato, cucumber, lettuce, peppers)
 - D** Classic Chocolate Sponge Cake & Chocolate Custard (A, G, I)

Wednesday

- M** Sweet Chilli Chicken Fajita wrap served with rainbow rice & Sweetcorn (A)
- V** Vegetable pastry slice with roast potatoes and gravy (A)
 - S** Salad
 - D** Mixed Fruit

Thursday

- M** Classic Mince Tatties mixed with carrots & Sweet corn served with Mash Potatoes (I)
 - V** Vegetable Quiche (A, G, I)
 - S** Fresh green Salad
 - D** Apple Crumble Served with Ice Cream (A, I)

Friday

- M** Golden Fish Fingers & Chips & Baked Beans (A, D)
 - V** Mac "N" Cheese served with Broccoli (A, I)
 - S** Fresh Green Salad
 - D** Semolina Pudding or Fruit (A, I)

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