

1<sup>st</sup>

Week

31st Aug / 12<sup>th</sup> Oct / 23rd Nov

**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** 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**

- 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 Crumble Served 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**

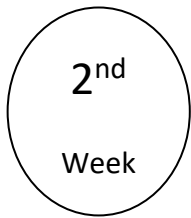
- M** Roast Chicken served with Boiled Carrots, Peas & Yorkshire pudding (A)
- V** Mac & Cheese (A, I)
- S** Cucumber Sticks
- D** Fruit Slices (Melon/Pineapple/Grapes)

**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 (A)

**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



7<sup>th</sup> Sep / 19<sup>th</sup> Oct / 30<sup>th</sup> Nov

**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 Curry, Lentil Dhal Served with Basmati Indian flavoured Rice & Poppadam'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 Sweetcorn & Broccoli
- V** Quorn (G) Chow Mein with Noodles (A, H)
- 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 (A)
- S** fresh green Salad
- D** Chocolate Oaty or Sliced Fruit (A)

**Thursday**

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

**Friday**

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

**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

3<sup>rd</sup>

Week

AL NOOR PRIMARY SCHOOL  
Menu



14<sup>th</sup> Sep / 26<sup>th</sup> Oct / 7<sup>th</sup> Dec

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

**Tuesday**

- M** BBQ Chicken Served with Roast potatoes & Sweet Corn
- V** Carrots, Green peas & sweet corn & Chick peas curry Served with Basmati Rice (A)
- S** Salad
- D** Classic Chocolate Sponge Cake & Chocolate Custard (A, G, I)

**Wednesday**

- M** Crispy Ginger Chicken with Carrots Served with Rice or noodles & Prawn Crackers (A, D, H)
- V** BBQ Quorn savoury Pie (A, G) Served with Baked Beans (A)
- S** Salad
- D** Banana Bread

**Thursday**

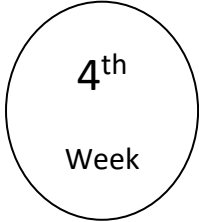
- M** Chicken Enchiladas filled with Roasted vegetables (A)
- V** Lentil Curry with Potatoes Served with Boiled Rice
- S** Fresh green Salad
- D** Apple Crumble Served with Ice Cream (A, I)

**Friday**

- M** Golden Fish Fingers & Chips & Baked Beans (A, D)
- V** Stir fry Noodles With Tofu Served with Steamed Broccoli
- S** Fresh Green Salad
- D** Chocolate Custard or Fruit (A, I)

**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 SCHOOL  
Menu



21<sup>st</sup> Sep / 2<sup>nd</sup> Nov / 14<sup>th</sup> Dec

**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 kidney 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** Cheeseburger Served with Chips (A)
- V** Vegetable Burger Served with Chips (A)
  - S** Fresh green Salad
  - D** Lemon Drizzle Cake (A, G, I)

**Wednesday**

- M** Mexican Chicken pasta bake Served with Garlic Bread (A, I)
- V** Tomato & Mozzarella Pizza Served with Jacket Wedges (A, I)
  - S** Fresh Salad
  - D** Low sugar oat and pumpkin seed biscuit & Fruit Slices (A, I)

**Thursday**

- M** Mince Pilau rice served with peas & yogurt (I)
  - V** Vegetarian Noodles (A)
    - S** 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 SCHOOL  
Menu



28<sup>th</sup> Sep / 9<sup>th</sup> Nov / 21<sup>st</sup> Dec

**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
- D Seasonal sliced Fruit (Melon/Oranges/Grapes)

**Tuesday**

- M Sausages Served with Baked Beans & Chips (A)
- V Quorn Pie Served with Baked Beans (A, G)
- S Fresh green Salad
- D Banana Custard (I)

**Wednesday**

- M Meat lasagne Served with sweetcorn & Garlic Bread (A, I)
- V Cheese on Toast served with Tomato & Basil Soup (A, I)
- S Fresh Salad
- D Seasonal Sliced Fruit

**Thursday**

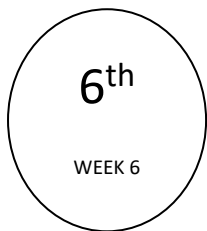
- M Chicken & sweetcorn Pie served with Green Beans & Carrots (A, I)
- V Quorn Mince spaghetti Bolognese Served with Garlic Bread (A, G)
- S Salad
- D Marble Sponge Cake with Custard (A, G, I)

**Friday**

- M Fish Fingers served Homemade chips & with Mushy peas (A)
- V Bean Burger in a Bun served with Homemade chips (A)
- S Salad
- D Pancakes with fruit puree or Fruit (A, I)

**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 SCHOOL  
Menu



5<sup>th</sup> Oct / 16<sup>th</sup> Nov

**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** Wholemeal tomato sauce Spaghetti Pasta Served with Cauliflower, Broccoli & cheese (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 (A, I)
- 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** Oven baked crispy Chicken Served with Boiled mixed herbs potatoes (A, I)
- V** Spinach & Potato Curry served wholemeal bread or Nan (A)
- S** Carrot & sweet Corn
- D** Fruit Yogurt (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)

**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