

1st
Week

AL NOOR PRIMARY SCHOOL
Menu



7th Sept / 19th Oct / 30th 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

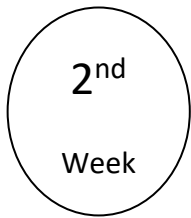
- M** Roast Chicken served with Boiled Carrots, Peas & Yorkshire pudding (A)
- V** Mac & Cheese (A, I)
- S** Cucumber Sticks
- D** Fruit Slices (Melon/Pineapple/Grapes)

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



AL NOOR PRIMARY SCHOOL
Menu



14th Sep / 26th Oct / 7th 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 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 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)

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3rd

Week

AL NOOR PRIMARY SCHOOL
Menu



21st Sep / 2nd Nov / 14th 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

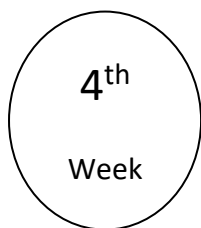
- M** Chicken Enchiladas filled with Roasted vegetables (A)
- V** Lentil Curry with Potatoes Served with Boiled Rice
- S** Fresh green Salad
- D** Apple Crumble Served with Ice Cream (A, I)

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)

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AL NOOR PRIMARY SCHOOL
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28st Sep / 9th Nov / 21st 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)

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AL NOOR PRIMARY SCHOOL
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5th Oct / 16th 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 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

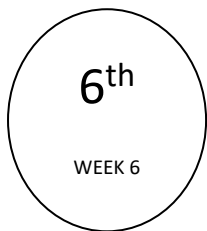
- M Chicken & sweetcorn Pie served with Green Beans & Carrots (A, I)
- V Quorn Mince spaghetti Bolognese Served with Garlic Bread (A, G)
- S Salad
- D Marble Sponge Cake with Custard (A, G, I)

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)

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AL NOOR PRIMARY SCHOOL
Menu



12th 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 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)

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