



Fresh Ideas Feeding Minds



Allergen Aware Lunch Menu



NON-DAIRY | NON-EGG | NON-GLUTEN | NON-SOYA | NON-NUTS | NON-PEANUTS | NON-CELERY | NON-MUSTARD | NON-LUPIN



NON-SESAME SEEDS | NON-CRUSTACEANS | NON-MOLLUSCS

Spring/Summer

Our Allergen Aware Menu is **FREE** from most of the top 14 legal allergens and is closely aligned to the Primary School Lunch Menu

1

Monday

Margherita Pizza
with Potato Wedges (Ve)
or
Plant Balls
with Steamed Rice (Ve)

served with Mixed Salad
Strawberry Mousse

Tuesday

Mediterranean Chicken
with Steamed Rice
or
DF/GF Macaroni Cheese
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas and Sweetcorn
Iced Fruit Smoothie

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Cheese and Potato Pie (Ve)

served with Carrots and Green Beans
Homemade Chocolate Cake
with Orange Wedges

Thursday

Bolognese
with **GF Pasta**
or
BBQ Loaded Bean Bake
with Potato Wedges (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Vegetables
Fruit Jelly

Friday

Chicken Goujons
or
Vegetable Goujons (Ve)
with Chips

served with Peas **or** Baked Beans
Lemon Shortbread
and Melon Wedge

Week One: 20 Apr | 11 May | 8 Jun | 29 Jun | 20 July | 7 Sept | 28 Sept | 19 Oct — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
with **GF/DF Pasta (Ve)**
or
Vegetable Curry with Steamed Rice (Ve)

served with Sweetcorn
Iced Fruit Smoothie

Tuesday

Chicken Curry
with Steamed Rice
or
Cheese and Tomato Pasta Bake (Ve)

Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Vegetables
Homemade Marble Shortbread

Wednesday

Pork Sausages
or
Plant Sausages (Ve)
with Roast Potatoes and Gravy
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Carrots and Peas
Fruit Jelly

Thursday

BBQ Shredded Chicken
in a **GF/DF Wrap**
or
Vegetarian Enchilada
in a **GF/DF Wrap**

Jacket Potato with Baked Beans **and/or DF Cheese**

served with Potato Wedges and Mixed Salad
Homemade Orange Cupcake

Friday

Fish Fingers
or
Vegetable Goujons (Ve)
with Chips

served with Peas **or** Baked Beans
Homemade Apple Flapjack

Week Two: 27 Apr | 18 May | 15 Jun | 6 Jul | 14 Sep | 5 Oct — Fresh Fruit Available Daily

3

Monday

Cheese and Tomato Pasta Bake (Ve)
or
Tex Mex Chilli
with Steamed Rice (Ve)

served with Peas and Sweetcorn
Fruit Jelly

Tuesday

'Hot Dog' Pork Sausage
or
Plant Sausages (Ve)
in a **Homemade Roll**
with Potato Wedges
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Salad
Homemade Shortbread

Wednesday

Roast Chicken
with Roast Potatoes & Gravy
or
***Roast Quorn Pieces**
with Roast Potatoes & Gravy

served with Broccoli and Carrots
Iced Fruit Smoothie

Thursday

Chicken Flatbread
with Steamed Rice
or
Veggie Taco with Steamed Rice
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Sweetcorn
Apple Crumble & (GF/DF) Custard

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve)
with Chips

served with Peas **or** Baked Beans
Homemade Oaty Cookie

*May contain **MUSTARD**

Week Three: 4 May | 1 Jun | 22 Jun | 13 Jul | 21 Sep | 12 Oct — Fresh Fruit Available



South West **norse**

Please note: Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens.