



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

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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
Pasta with Tomato Sauce

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

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

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 Daily
Any questions please contact us at catering@swnorse.co.uk or 01392 351114

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



South West
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