



# Spring/Summer Allergen Aware Menu



Old Catton Junior School

Our Allergen Aware Menu is free from most of the top 14 legal allergens and is closely aligned with our Primary School Main Menu.



NON-DAIRY | NON-EGG | NON-GLUTEN | NON-SOYA | NON-NUTS | NON-PEANUTS | NON-SESAME SEEDS



NON-CELERY | NON-MUSTARD | NON-LUPIN | NON-CRUSTACEANS | NON-MOLLUSCS



## Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Margherita Pizza</b> with <b>Tomato Pasta Salad (v)</b>  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Peas and Sweetcorn  <b>Homemade Cupcake</b>	Beef Meatballs with Tomato Sauce in a <b>Sub Roll</b> with Potato Wedges <b>Or</b> <b>Cheese and Tomato Pasta Bake (v)</b>  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Mixed Salad  <b>Iced Fruit Smoothie</b>	Roast Chicken with Mashed Potato and Gravy <b>Or</b> <b>Cheese and Potato Pie</b> with Gravy (v)  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Carrots and Green Beans  <b>Homemade Shortbread</b>	<b>Chicken Fillet with Mediterranean Sauce</b> and Steamed Rice <b>Or</b> BBQ Plant Balls with Steamed Rice (Ve)  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  with Mixed Vegetables  <b>Cocoa Popcorn Bar</b>	<b>Fish Fingers Or</b> <b>Garden Vegetable Goujons (v)</b> with Chips  <b>Jacket Potato with DF Cheese or Tuna (no mayo)</b>  with Peas <b>or</b> Baked Beans  <b>Homemade Muffin</b>

Week One: 15 Apr | 6 May | 3 Jun | 24 Jun | 15 Jul | 16 Sept | 7 Oct — Fresh Fruit Available Daily

## Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Margherita Pizza</b> with Potato Wedges (v)  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Sweetcorn  <b>Homemade Cupcake</b>	<b>Chicken Fillet in a Roll</b> with Ketchup and Steamed Rice <b>Or</b> Plant Sausages with <b>Tomato Pasta (Ve)</b>  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Veg Sticks  <b>Iced Fruit Smoothie</b>	Roast Chicken <b>or</b> Plant Sausages (Ve) with Roast Potatoes and Gravy  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Carrots and Peas  <b>Homemade Shortbread</b>	<b>Tomato Pasta with Cheese (v)</b> <b>Or</b> Vegetable Curry with Steamed Rice (v)  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Mixed Vegetables  Fruit Jelly	<b>Fish Fingers Or</b> <b>Garden Vegetable Goujons (v)</b> with Chips  <b>Jacket Potato with DF Cheese or Tuna (no mayo)</b>  with Peas <b>or</b> Baked Beans  <b>Homemade Cupcake</b>

Week Two: 22 Apr | 13 May | 10 Jun | 1 Jul | 2 Sept | 23 Sept | 14 Oct — Fresh Fruit Available Daily

## Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Margherita Pizza</b> with Potato Wedges (v)  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Veg Sticks  <b>Iced Fruit Smoothie</b>	Beef Bolognese with <b>Pasta</b> <b>Or</b> <b>Loaded Tomato and Bean Bake (Ve)</b>  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Broccoli  <b>Homemade Shortbread</b>	<b>Pork Sausages Or</b> Plant-Powered Sausages (Ve) with Mashed Potato and Gravy  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Mixed Vegetables  <b>Homemade Cake</b>	BBQ Chicken Fillet with Steamed Rice <b>Or</b> <b>Cheese and Tomato Pasta Bake (v)</b>  <b>Jacket Potato with Beans,</b> <b>DF Cheese or Tuna (no mayo)</b>  served with Sweetcorn  <b>Homemade Shortbread</b>	<b>Fish Fingers Or</b> <b>Garden Vegetable Goujons (v)</b> with Chips  <b>Jacket Potato with DF Cheese or Tuna (no mayo)</b>  with Peas <b>or</b> Baked Beans  <b>Homemade Iced Sprinkle Cake</b>

Week Three: 29 Apr | 20 May | 17 Jun | 8 Jul | 9 Sept | 30 Sept | 21 Oct — Fresh Fruit Available Daily

