

Fresh Ideas Feeding Minds

Allergen Aware Weekly 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

Autumn/Winter

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

1

Monday

Margherita Pizza
with Potato Wedges (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas
and Sweetcorn

Iced Fruit Smoothie

Tuesday

Chicken Goujons in a
Homemade Roll with
Steamed Rice and a **Dip**
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Salad Sticks

Homemade Jam Sponge
with Custard

Wednesday

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

served with Carrots
and Cabbage

Homemade Shortbread

Thursday

Pork and Carrot Meatballs in Tomato Sauce with **Pasta**
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Vegetables

Fruit Jelly

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas
or Baked Beans

Homemade Cocoa Shortbread
with Orange Wedges

Week One: 3 Nov | 24 Nov | 15 Dec | 19 Jan | 9 Feb | 9 Mar — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
with Tomato Pasta (Ve)
or
Sweet Potato Curry with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Salad Sticks

Homemade Cocoa Orange Cupcake

Tuesday

Mexican Chicken Bake
with Steamed Rice
or
Cheese and Tomato Pasta Bake (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas
and Sweetcorn

Homemade Shortbread
with Apple Wedges

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Cheese and Potato Pie (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Carrots
and Green Beans

Iced Fruit Smoothie

Thursday

Pork Sausage Pinwheel
or
Plant Sausage Pinwheel (v)
with Potato Wedges
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Baked Beans

Fruit Jelly

Friday

Chicken Goujons
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas
or Baked Beans

Homemade Iced Sprinkle Cake

3

Week Two: 10 Nov | 1 Dec | 5 Jan | 26 Jan | 23 Feb | 16 Mar — Fresh Fruit Available Daily

Monday

Plant Balls in Tomato Sauce with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Vegetables

Homemade Shortbread
with Apple Wedges

Tuesday

Pork Chilli Loaded Wedges
or
Cheese and Tomato Pasta Bake (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Mixed Salad

Homemade Cocoa Sponge
with Cocoa Sauce

Wednesday

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

served with Carrots
and Peas

Fruit Jelly

Thursday

Chinese-Style Chicken with **Steamed Rice**
or
Cheese and Potato Pie (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Sweetcorn
and Broccoli

Iced Fruit Smoothie

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**

served with Peas
or Baked Beans

Homemade Carrot Cake

Week Three: 17 Nov | 8 Dec | 12 Jan | 2 Feb | 2 Mar | 23 Mar — Fresh Fruit Available Daily



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