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

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Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pasta Bake (Ve) or Tex Mex Chilli with Steamed Rice (Ve) served with Peas and Sweetcorn **Iced Fruit Smothie**	BBQ Pork Meatballs in a **Homemade Sub Roll** with Potato Wedges or BBQ Plant Balls in a **Homemade Sub Roll** with Potato Wedges (Ve) served with Mixed Salad **Homemade Cocoa Cupcake**	**Chicken Pie** with Roast Potatoes and Gravy or **Cheese and Potato Pie** with Gravy (Ve) served with Carrots and Green Beans Fresh Fruit Selection	Chicken Curry with Steamed Rice or Vegemince Bolognese with **Pasta** (Ve) served with Broccoli and Carrots **Homemade Apple Sponge with Custard**	**Fish Fingers** or Garden Vegetable Goujons (Ve) with Chips or served with Peas or Baked Beans **Homemade Ginger Crunch** with Orange Wedges

Week One: 2 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb | 8 Mar – Jacket Potatoes Fresh Fruit Available Daily

2

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with Potato Wedges (Ve) or **Winter Vegetable Pasta Bake (Ve)** served with Peas **Fresh Fruit Selection**	Mexican Chicken Nachos or "Vegetarian Nachos with Steamed Rice (Ve) served with Sweetcorn **Homemade Banana Cupcake**	Roast Chicken with Roast Potato and Gravy or Vegetarian Cottage Pie with Gravy (Ve) served with Carrots and Broccoli **Homemade Flapjack** with Apple Wedges	Pork Bolognese with **Pasta** served with Mixed Vegetables **Homemade Cocoa Sponge with Cocoa Sauce**	**Chicken Goujons** or **Garden Vegetable Goujons (Ve)** with Chips served with Peas or Baked Beans **Homemade Cinnamon Bun**

Week Two: 9 Nov | 30 Nov | 4 Jan | 25 Jan | 22 Feb | 15 Mar - Fresh Fruit Available Daily

3

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza with **Tomato Pasta (Ve)** or **Loaded Tomato and Bean Bake (Ve)** served with Coleslaw **Fresh Fruit Selection**	Singapore Chicken Noodles served with Peas and Sweetcorn **Fruit Jelly**	**Pork Sausages** or **Plant Sausages (Ve)** With Roast Potato and Gravy served with Mixed Vegetables **Homemade Oaty Cookie**	**Chicken Lasagne** or Vegetable Curry and Steamed Rice (Ve) served with Broccoli **Homemade Shortbread**	**Fish Fingers** or **Garden Vegetable Goujons (Ve)** with Chips served with Peas or Baked Beans **Pip Lollie**

Week Three: 16 Nov | 7 Dec | 11 Jan | 1 Feb | 1 Mar | 22 Mar - Fresh Fruit Available Daily



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.