



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

1



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



Monday

Tuesday

Wednesday

Thursday

Friday

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

served with
Fresh Seasonal Veg
Iced Fruit Smoothie

Chicken Goujons with
Savoury Rice
or
Bean Burger with
Savoury Rice (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with **Coleslaw**

Homemade
Chocolate Sponge Cake

Roast Turkey 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
Fresh Carrots & Cabbage

Homemade
Iced Shortbread

Meatballs in Tomato Sauce
with **Pasta**
or
Tex Mex Chilli
Loaded Wedges (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Country Mixed Veg

Apple Crumble
& Custard

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

served with Peas
or Baked Beans

Chocolate Shortbread with
Orange Wedges

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

2

Monday

Tuesday

Wednesday

Thursday

Friday

Margherita Pizza
with **Tomato Pasta (Ve)**
or
Vegemince Bolognese
with Pasta (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Peas & Sweetcorn
Organic Pip Ice Lolly

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

served with Baked Beans
Homemade Shortbread
with Apple Wedges

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

served with
Fresh Carrots & Green Beans
Iced Fruit Smoothie

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

served with
Country Mixed Veg
Iced Sponge Cake

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

served with Peas
or Baked Beans
Oaty Cookie

3

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

Monday

Tuesday

Wednesday

Thursday

Friday

Cheese and
Tomato Pasta (Ve)
or
Vegetable Enchilada (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Fresh Seasonal Veg
Iced Fruit Smoothie

Chicken Curry
with Steamed Rice
or
Veggie Curry (Ve)
with Steamed Rice
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Peas
Homemade Jam Sponge

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

served with
Fresh Carrots & Peas
Organic Pip Ice Lolly

Homemade Fish Pie
or
Leek and Potato Pie (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Sweetcorn & Broccoli
Carrot Cake

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

served with Peas
or Baked Beans
Apple Flapjack

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



South West
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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.