

WEEK 1 MENU-ALLERGENS MENU

— MONDAY —

Tomato pasta bake with mixed salad and coleslaw

(Gluten in pasta, Mustard, Egg and Milk in Coleslaw)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in mayonnaise, Fish in tuna)

Peach slices, fresh fruit and a selection of yoghurts

(Milk in yoghurts)

— TUESDAY —

Pork or Quorn sausages served with mash potatoes, peas, sweetcorn and gravy

(Pork in Sausage, Gluten in Pork and Quorn Sausages, Milk in Mash)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in Mayonnaise, Fish in tuna)

Apple crumble and custard, fresh fruit and a selection of yoghurts

(Gluten and butter in crumble, Milk in custard, Milk in yoghurts)

— WEDNESDAY —

Beef or mixed vegetable lasagne, garlic bread, green beans and mixed vegetables

(Gluten in pasta, Milk, Celery, Egg, Mustard and Soybean in sauce. Gluten and Milk in garlic bread)

Jacket potato with a choice of cheese, beans or tuna mayonnaise with mixed salad

(Milk in cheese, Eggs in mayonnaise, Fish in tuna)

Cheese, ham or tuna mayonnaise sandwiches with mixed salad

(Dairy in all sandwiches, Gluten in bread, Pork in ham, Milk in cheese, Egg in Mayonnaise, Fish in tuna)

Iced chocolate sponge, fresh fruit and a selection of yoghurts

(Gluten, Milk and Eggs in the sponge Milk in yoghurts)

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— THURSDAY —

Chicken or vegetable fajitas with rice,
peppers, broccoli and sweetcorn
(Gluten in wraps)

Jacket potato with a choice of cheese,
beans or tuna mayonnaise with
mixed salad
(Milk in cheese, Eggs in mayonnaise,
Fish in tuna)

Cheese, ham or tuna mayonnaise
sandwiches with mixed salad
(Dairy in all sandwiches, Gluten in
bread, Pork in ham, Milk in cheese, Egg
in mayonnaise, Fish in tuna)

Shortbread, fresh fruit and a selection
of yoghurts
(Gluten and butter in the shortbread,
Milk in yoghurts)

— FRIDAY —

Fish fingers (for KG & Junior) / fish fillet
(Seniors) or vegetable fingers served
with chips and peas or baked beans
(Gluten in fish fingers/ fillets and
vegetable fingers)

Jacket potato with a choice of cheese,
beans or tuna mayonnaise with
mixed salad
(Milk in cheese, Eggs in mayonnaise,
Fish in tuna)

Cheese, ham or tuna mayonnaise
sandwiches with mixed salad
(Dairy in all sandwiches, Gluten in
bread, Pork in ham, Milk in cheese, Egg
in mayonnaise, Fish in tuna)

Mango smoothies, fresh fruit and a
selection of yoghurts
(Milk in yoghurts)