

WEEK 3 MENU-ALLERGENS MENU

— MONDAY —

Macaroni cheese served with
sweetcorn and broccoli

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

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)

Fruit cocktail, fresh fruit and a
selection of yoghurts
(Dairy in yoghurts)

— TUESDAY —

Chicken or sweet potato and
cauliflower curry served with rice,
broccoli and sweetcorn

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)

Chocolate chip muffins,
fresh fruit and a variety of yoghurts
(Gluten, Butter, Milk and Egg in muffins,
Dairy in yoghurts)

— WEDNESDAY —

Roast gammon or Quorn sausages,
roast potatoes, sliced carrots, brussel
sprouts and gravy

(Pork - Gammon, Gluten in sausages)

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 sprinkle sponge, fresh fruit and a
selection of yoghurts
(Gluten, Butter, Milk and Egg in Sponge,
Dairy in yoghurts)



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— THURSDAY —



Beef or meat free meatballs, penne pasta served with green beans and sweetcorn
(Gluten in Meatballs, Gluten in pasta, Soya in vegan balls)

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)

Chocolate sponge with chocolate sauce, fresh fruit and a selection of yoghurts
(Gluten, Butter, Milk, Egg in Sponge, Dairy in yoghurts)

— FRIDAY —

Chicken nuggets (KG and Junior) and chicken goujons (Seniors) or meat free nuggets served with chips, peas or baked beans

(Gluten in nuggets, Celery, Gluten, Milk, Mustard, Soya in goujons)

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)

Ice cream, fresh fruit and a selection of yoghurts
(Milk in ice cream. Dairy in yoghurts)

