

# 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

**Margherita Pizza**  
with Potato Wedges (Ve)  
or  
Sweet Potato Curry  
with  
Steamed Rice (Ve)  
  
served with  
Fresh Seasonal Veg  
  
**Iced Fruit Smoothie**

Tuesday

**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**

Wednesday

Roast Turkey with Roast  
Potatoes and Gravy  
or  
Plant Sausages with Roast  
Potatoes and Gravy (Ve)  
  
served with  
Fresh Carrots & Cabbage  
  
**Homemade  
Iced Shortbread**

Thursday

**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**

Friday

**Fish Fingers**  
or  
**Vegetable Enchilada (Ve)**  
& Chips  
  
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 | 30 Mar — Fresh Fruit Available Daily

2

Monday

**Margherita Pizza**  
with **Tomato Pasta (Ve)**  
or  
**Vegemince Bolognese**  
with Pasta (Ve)  
  
served with  
Peas & Sweetcorn  
  
**Organic Pip Ice Lolly**

Tuesday

**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

Wednesday

Roast Gammon with Roast  
Potatoes and Gravy  
or  
**Cheese and Potato Pie (Ve)**  
  
served with  
Fresh Carrots & Green Beans  
  
**Iced Fruit Smoothie**

Thursday

**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**

Friday

**Chicken Goujons**  
with Chips  
or  
**Garden Vegetable Bites (Ve)**  
& Chips  
  
served with Peas  
or Baked Beans  
  
**Oaty Cookie**

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

Monday

**Cheese and  
Tomato Pasta (Ve)**  
or  
**Vegetable Enchilada (Ve)**  
  
served with  
Fresh Seasonal Veg  
  
**Iced Fruit Smoothie**

Tuesday

**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**

Wednesday

**Pork Sausages**  
or  
**Plant Sausages (Ve)**  
with Mashed Potato  
and Gravy  
  
served with  
Fresh Carrots & Peas  
  
**Organic Pip Ice Lolly**

Thursday

**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**

Friday

**Fish Fingers**  
& Chips  
or  
**Garden Vegetable Bites (Ve)**  
& Chips  
  
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

