



Fresh Ideas Feeding Minds

Allergen Aware Lunch 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

Spring/Summer

Our Allergen Aware Menu is **FREE** from most of the top 14 legal allergens and is closely aligned to the Primary School Lunch Menu

1

Monday

Margherita Pizza
with Potato Wedges (Ve)
or
Plant Balls
with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Mixed Salad
Pip Organic Ice Lolly

Tuesday

Mediterranean Chicken
with Steamed Rice
or
DF/GF Macaroni Cheese
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Peas and Sweetcorn
Homemade Berry Cupcake

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Cheese and Potato Pie (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Carrots and Green Beans
Homemade Chocolate Cake
with Orange Wedges

Thursday

Bolognese
with **GF Pasta**
or
BBQ Loaded Bean Bake
with Potato Wedges (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Mixed Vegetables
Fruit Jelly

Friday

Chicken Goujons
or
Vegetable Goujons (Ve)
with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Peas **or** Baked Beans
Lemon Shortbread
and Melon Wedge

Week One: 20 Apr | 11 May | 8 Jun | 29 Jun | 20 July | 7 Sept | 28 Sept | 19 Oct — Fresh Fruit Available Daily

2

Monday

Margherita Pizza
with **GF/DF Pasta (Ve)**
or
Vegetable Curry with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Sweetcorn
Iced Fruit Smoothie

Tuesday

Chicken Curry
with Steamed Rice
or
Cheese and Tomato Pasta Bake (Ve)
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Mixed Vegetables
Homemade Marble Shortbread

Wednesday

Pork Sausages
or
Plant Sausages (Ve)
with Roast Potatoes and Gravy
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Carrots and Peas
Homemade Summer Berry and Apple Slice

Thursday

BBQ Shredded Chicken
in a **GF/DF Wrap**
or
Vegetarian Enchilada
in a **GF/DF Wrap**
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Potato Wedges and Mixed Salad
Homemade Orange Cupcake

Friday

Fish Fingers
or
Vegetable Goujons (Ve)
with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Peas **or** Baked Beans
Homemade Apple Flapjack

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Week Two: 27 Apr | 18 May | 15 Jun | 6 Jul | 14 Sep | 5 Oct — Fresh Fruit Available Daily

Monday

Cheese and Tomato Pasta Bake (Ve)
or
Tex Mex Chilli
with Steamed Rice (Ve)
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Peas and Sweetcorn
Pip Organic Ice Lolly

Tuesday

'Hot Dog' Pork Sausage
or
Plant Sausages (Ve)
in a **Homemade Roll**
with Potato Wedges
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Mixed Salad
Homemade Shortbread

Wednesday

Roast Chicken
with Roast Potatoes & Gravy
or
***Roast Quorn Pieces**
with Roast Potatoes & Gravy
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Broccoli and Carrots
Iced Fruit Smoothie

Thursday

Chicken Flatbread
with Steamed Rice
or
Veggie Taco with Steamed Rice
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Sweetcorn
Apple Crumble & (GF/DF) Custard

Friday

Fish Fingers
or
Garden Vegetable Goujons (Ve)
with Chips
or
Jacket Potato with Baked Beans **and/or DF Cheese**
served with Peas **or** Baked Beans
Homemade Oaty Cookie

*May contain **MUSTARD**

Week Three: 4 May | 1 Jun | 22 Jun | 13 Jul | 21 Sep | 12 Oct — Fresh Fruit Available



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.