



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 **Tomato Pasta** (Ve)
or
Sweet Potato and Lentil
Curry with Steamed Rice (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Sweetcorn

**Homemade
Vanilla Cupcake**

Tuesday

Sweet and Sour Chicken
with **Steamed Rice**
or
**Cheese and Tomato
Pasta Bake** (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed
Vegetables

**Homemade
Cocoa Cupcake**

Wednesday

Roast Chicken
or
Plant Balls (Ve)
with Roast Potatoes
and Gravy
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Carrots
and Green Beans

Homemade Shortbread
with Orange Wedges

Thursday

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

served with Mixed Salad

Fruit Jelly

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 Shortbread

Week One: 21 Apr | 12 May | 9 Jun | 30 Jun | 21 Jul | 15 Sept | 6 Oct — Fresh Fruit Available Daily

2

Monday

**Cheese and
Tomato Pasta** (Ve)
or
Sweet and Sour Plant Balls
with Steamed Rice (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with
Mixed Vegetables

**Homemade
Orange Cupcake**

Tuesday

BBQ Chicken
with Steamed Rice
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Sweetcorn

Homemade Shortbread

Wednesday

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

served with Peas
and Carrots

Iced Fruit Smoothie

Thursday

Pork and Carrot Meatballs
or
Plant Sausages (Ve)
in Tomato Sauce with
Potato Wedges
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed Salad

**Homemade Summer Berry
and Apple Slice**

Friday

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

served with Peas
or Baked Beans

**Homemade Cocoa
Shortbread** with a
Melon Wedge

Week Two: 28 Apr | 19 May | 16 Jun | 7 Jul | 1 Sept | 22 Sept | 13 Oct — Fresh Fruit Available Daily

3

Monday

**Homemade Cheese and
Tomato Pizza Swirl**
with Potato Wedges (Ve)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Peas
and Sweetcorn

**Homemade
Blueberry Cupcake**

Tuesday

Pork and Lentil Bolognese
with **Pasta** and **Homemade
Garlic Bread**
Or
Loaded Bean Bake with
Homemade Garlic Bread (v)
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Mixed Salad

Iced Fruit Smoothie

Wednesday

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

served with Cabbage
and Carrots

**Homemade
Carrot Cake**

Thursday

Chicken Goujons in a
Homemade Roll with
Lettuce and **Ketchup**
and Steamed Rice
or
Jacket Potato with Baked
Beans **and/or DF Cheese**

served with Crunchy
Salad Sticks

**Homemade Cocoa
Shortbread** with
Orange Wedges

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 Shortbread
with Apple Wedges

Week Three: 5 May | 2 Jun | 23 Jun | 14 Jul | 8 Sept | 29 Sept | 20 Oct — Fresh Fruit Available Daily



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group

Please note: Whilst every precaution has been taken to avoid cross contamination.
No guarantee can be given for the absence of allergens.