

Allergens-School Lunch Menu Winter 2024-25

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pasta* Pesto Pasta (Gluten, Milk)	Cottage Pie (Milk)	Jacket potato with a choice of fillings (see below for allergens)	Chicken Fajitas* (Gluten)	Fish Fingers* (Gluten, Fish)
Vegetarian	As Above	Veggie Pie (Gluten, Milk, Soya)	As Above	Quorn Fajitas (Gluten, Eggs)	Veggie Fingers (Gluten)
Vegetables and accompaniments	Garlic Bread (Gluten) Salad Bar Pasta Bar (Gluten)	Carrots & Broccoli Salad Bar Pasta Bar (Gluten)	Salad Bar Pasta Bar (Gluten)	White and Brown Rice Broccoli Salad Bar Pasta Bar (Gluten)	Crispy Chips Garden Peas or Baked Beans Salad Bar Pasta Bar (Gluten)
Alternative	Freshly baked baguettes (Gluten) and wraps* (Gluten) with ham, cheese (Milk) or tuna mayo (Fish, Eggs) or a jacket potato with baked beans, cheese (milk) or tuna mayo (Fish, Eggs) also available every day.				
Dessert	Choice of Yoghurts and Fromage Frais* (Milk) Fresh fruit	Shortbread (Gluten, Milk, Soya)	School Sponge (Gluten, Eggs)	Jelly, Fruit, Squirry Cream (Milk)	Chocolate Brownie* (Gluten, Eggs, Milk)

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza: Cheese & Tomato, Ham & Pineapple or Pepperoni* (Gluten, Milk)	Sausage Roast Yorkshire Puddings* (Gluten, Eggs)	Jacket potato with a choice of fillings (see below for allergens)	Chicken Katsu Curry* (Gluten, Soya)	Fish Fillet* (Gluten, Fish)
Vegetarian	As Above	Veggie Sausages	As Above	Veggie Dipper Katsu Curry (Gluten, Soya)	Veggie Fingers (Gluten)
Vegetables and accompaniments	Salad Bar Pasta Bar (Gluten)	Salad Bar Pasta Bar (Gluten)	Salad Bar Pasta Bar (Gluten)	Salad Bar Pasta Bar (Gluten)	Crispy Chips Garden Peas or Baked Beans Salad Bar Pasta Bar (Gluten)
Alternative	Freshly baked baguettes (Gluten) and wraps (Gluten) with ham, cheese (Milk) or tuna mayo (Fish, Eggs) or a jacket potato with baked beans, cheese (Milk) or tuna mayo (Fish, Eggs) also available every day.				
Dessert	Choice of Yoghurts and Fromage Frais (Milk) Fresh fruit	Shortbread (Gluten, Milk, Soya)	School Sponge (Gluten, Eggs)	Jelly, Fruit, Squirry Cream (Milk)	Chocolate Brownie* (Gluten, Eggs, Milk)

*AVAILABLE AS SUBSTITUTES: GF wraps, GF rolls (Egg), GF Pasta, GF pizza base (Milk), GF brownie (Egg), dairy free fromage frais (Soya), GF fish fingers (Fish), GF Yorkshire Pudding (Milk), GF chicken nuggets