

**ALLERGY INFORMATION**  
 If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination. Our Refined Soybean oil (produced from genetically modified soya)



### ALLERGEN KEY

**A** Gluten **B** Crustaceans **C** Molluscs **D** Fish **E** Peanuts **F** Nuts **G** Eggs  
**H** Soybeans **I** Milk **J** Celery **K** Mustard **L** Lupin **M** Sesame **N** Sulphur Dioxide

Available Daily

- Bread with butter  
 - Jacket Potato with Cheese

- Pasta with Tomato Sauce

Dessert  
 - Fruit & Yoghurt

### Week 1

8th Jan / 19th Feb

### Week 2

15th Jan / 26th Feb

Monday

#### Meat free day

- ✓ Creamy tomato pasta served with sweetcorn and Peas (A, I, J)
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Seasonal Fruit

- ✓ Lentil dhal curry served with Bombay potato & basmati rice
- ✓ Jacket Potato with a choice of cheese/beans (A, I)
- S Salad
- D Seasonal Fruit

Tuesday

- M Chicken & bell pepper curry served with rice
- ✓ Spinach, potato & chickpea curry served with rice.
- S Salad
- D Homemade Cookies (A, G, I)

- M Digaag Duban served with roast potatoes, carrots, sweetcorn, Broccoli, Peas & gravy (A, H)
- ✓ Somali Rice
- S Salad
- D Apple & Rhubarb crumble served with custard (A, I)

Wednesday

- M Spaghetti Bolognese Served with Sweetcorn & Carrots (A, I, J)
- ✓ Tomato Sauce Pasta (A, I)
- S Salad
- D Yoghurt or Seasonal Fruits (I)

- M Cajun chicken pasta bake served with green beans & carrots (A, I)
- ✓ Roasted Corn & Cheese quesedilla served with green beans (A, I)
- S Salad
- D Seasonal Fruit or Yoghurt (I)

Thursday

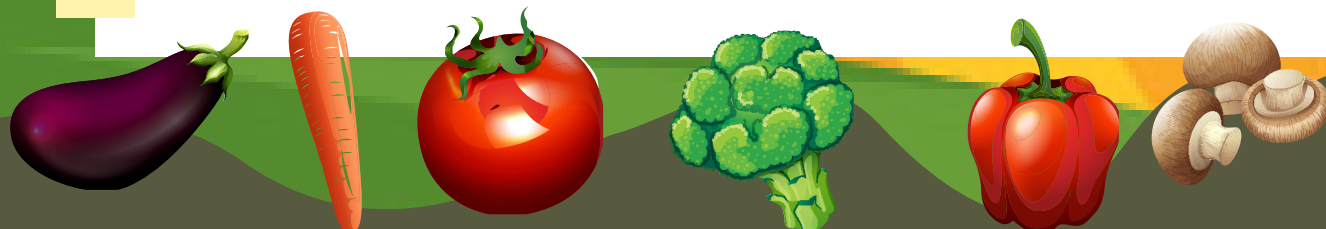
- M Grilled chicken burger served with wedges (A)
- ✓ Veggie burger served with wedges (A)
- S Salad
- D Carrot cake served with custard (A, G, I)

- M Moroccan mutton meat tagine served with rice
- ✓ Moroccan chickpea & vegetable tagine
- S Salad
- D Vanilla Sponge Cake (A, G, I)

Friday

- M Battered Fish & chips served with steamed mixed vegetables or baked beans (A, D)
- ✓ Enchiladas (A, I)
- S Salad
- D Ice cream with sliced fruit

- M Fish fingers & chips served with steamed mixed vegetables or baked beans (A, D)
- ✓ Potato gratin (A, I, J)
- S Salad
- D Rice Krispie Cakes (A)



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#### Available Daily

- Bread with butter  
 - Jacket Potatoes with Cheese

- Pasta with Tomato Sauce

Dessert  
 - Fruit & Yoghurt

### Week 3

22nd Jan / 4th Mar

### Week 4

29th Jan / 11th Mar

Monday

#### Meat free day

- ✓ Vegetarian Pizza (A, I)
- ✓ Jacket Potato served with a choice of cheese/beans (A, I)
- S Salad
- D Seasonal Fruit

#### Meat free day

- ✓ Tomato sauce macaroni served with broccoli (A, I)
- ✓ Jacket Potato served with a choice of cheese/beans (A, I)
- S Salad
- D Seasonal Fruit

Tuesday

- M Chicken tikka curry served with 50/50 Rice
- ✓ Bombay sandwich (A)
- S Salad
- D Digestive Biscuits And Yoghurt (A, I)

- M Peri Peri Roast Chicken served with Roast Potatoes, green bean & glazed carrots
- ✓ Vegetable Peri Peri Rice
- S Salad
- D Cake served with custard (A, G, I)

Wednesday

- M Meat burger served with oven baked wedges (A)
- ✓ Vegetable/ bean burger served with oven baked wedges (A)
- S Salad
- D Ice Cream or Seasonal Fruit (I)

- M Turkish Meatballs with spaghetti (A)
- ✓ Vegetarian Mince & potato curry served with rice (A, G)
- S Salad
- D Jam Puff Pastry (A)

Thursday

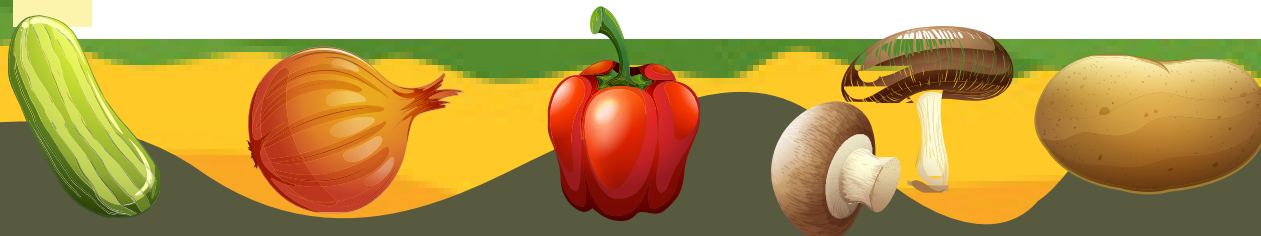
- M Classic chicken & sweetcorn pie served with glazed carrots (A)
- ✓ Cheese & onion pie served with glazed carrots (A, I)
- S Salad
- D Beetroot cake served with custard (A, G, I)

- M Chicken Biryani
- ✓ Vegetable Biryani
- S Raita (I)
- D Jelly

Friday

- M Fish Fingers & chips served with Baked beans (A, D)
- ✓ Cheese Toasties (A, I)
- S Salad
- D Jelly (I)

- M Battered Fish & chips served with Baked Beans (A, D)
- ✓ Cheese & tomato Panini served with chips (A, I)
- S Salad
- D Chocolate Cake (A, G, I)



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Available Daily

- Bread with butter  
 - Jacket Potato with Cheese

- Pasta with Tomato Sauce

Dessert  
 - Fruit & Yoghurt

### Week 5

5th Feb / 18th Mar

### Week 6

12th Feb / 25th Mar

Monday

#### Meat free day

- V Cream sauce pasta served with mixed vegetables (A, I, J)
- V Jacket potato with a choice of cheese/beans (A, I)
- S Salad
- D Seasonal Fruit

#### Meat free day

- V Vegetable Pizza served with pasta salad (A, I)
- V Jacket potato with a choice of cheese/beans (A, I)
- S Coleslaw (I)
- D Seasonal Fruit

Tuesday

- M Chicken & sweet potato curry served with 50/50 Rice.
- V Savoury Rice
- S Salad
- D Cream Crackers and sliced Fruit

- M Jerk Chicken served with roast potatoes, sweetcorn & Gravy (A, H)
- V Chickpea curry served with bread/ pita (A)
- S Salad
- D Rice Pudding (I)

Wednesday

- M Bangers and mash served with baked beans & Gravy (A, I, H)
- V Classic cauliflower & broccoli cheese (A, I)
- S Salad
- D Chocolate Brownie (A, G)

- M Beef stir-fry Served With Rice (H)
- V Pizza Baguette (A, I)
- S Salad
- D Rice Krispie Cup Cakes (A)

Thursday

- M Sweet and sour chicken served with noodles (A, H)
- V Egg fried rice (G)
- S Salad
- D Seasonal Fruit or Yoghurt (I)

- M Chicken Fajitas Wrap with roasted pepper & onions served with pasta salad (A)
- V Vegetarian Mince wrap (A, G)
- S Salad
- D Chocolate Sponge with Chocolate Custard (A, G, I)

Friday

- M Fish fingers & chips served with Baked beans (A, D)
- V Cheese & Onion Quiche (A, I)
- S Salad
- D Banana Loaf With Chocolate Custard (A, G, I)

- M Fish fingers & chips served with mushy peas or Baked beans (A, D)
- V Mac & Cheese (A, I)
- S Salad
- D Seasonal Fruits

