

SCHOOL MENU WEEK ONE - WEEK COMMENCING 11 DECEMBER 2023

	A	B	C	D	P	FR
MONDAY	Fish Fingers with chips and mushy peas G(wheat).F.SB	Pasta with tomato & herby sauce with broccoli G(wheat).M	Jacket Potato with cheese & beans M Cheese Sandwich SB.G(wheat).M		Lemon Drizzle Cake G(wheat).E or Selection of fresh fruit	
TUESDAY Sugar Free Day	Meat Pie & Potatoes with Carrots & Gravy G(wheat).M.C.E*.SB*.MU*	Cheese Roll with Boiled Potatoes & Beans G(wheat).E.M	Jacket Potato with cheese & beans M Tuna Mayo Sandwich F.SB.E.G(wheat)		Fresh fruit salad or Low fat fruity yogurt M	
WEDNESDAY	Chicken Curry & Boiled Rice with Mixed Veg M	Macaroni Cheese with peas & carrots G(wheat).M	Jacket Potato with cheese & beans M Ham Sandwich G(wheat).SB		Raspberry Bun G(wheat).E.SD or Selection of fresh fruit	
THURSDAY	Cottage Pie with carrots & gravy G(wheat).M.C.E*.SB*.MU*	Cheese Flan with Boiled Potatoes & Beans G(wheat).M.E	Jacket Potato with cheese & beans M Tuna Mayo Sandwich F.SB.E.G(wheat)		Chocolate Shortbread Biscuit G(wheat) or Selection of fresh fruit	
FRIDAY	Beef Burger in a Bun with Wedges & Sweetcorn G(wheat).SB	Quorn Burger in a Bun with Wedges & Sweetcorn G(wheat).E.SB	Jacket Potato with cheese & beans M Cheese Sandwich SB.G(wheat).M		Decorated Sponge E.G(wheat) or Selection of fresh fruit	

Also available fresh bread, fresh fruit & salad with milk or water

* May contain

Allergen abbreviations:

Cereal (gluten) – G
Lupin – L

Fish – F
Eggs – E

Nuts – N
Soybeans – SB

Sulphur Dioxide – SD
Mustard – MU

Crustaceans – CT
Molluscs – MO

Peanuts – PN
Sesame – S

Celery – C
Milk – M

C = Jacket Potato choice & D = Sandwich choice (allergens are the same for both options)

P = Pudding & FR = Fruit