

## SCHOOL MENU WEEK TWO - WEEK COMMENCING 18 DECEMBER 2023

	A	B	C	D	P	FR
<b>MONDAY</b>	Spaghetti Bolognese Pasta Spirals with sweetcorn <i>G(wheat)</i>	Salmon & Sweet Potato Fish Cake with potatoes & peas <i>G(wheat).F.SB</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E</i>		Sponge & Custard <i>G(wheat).E.M</i> or Selection of fresh fruit	
<b>TUESDAY</b> <b>Sugar Free</b> <b>Day</b>	Chicken Burger with mash potato, gravy & garden peas <i>G(wheat).M.C.MU*.SB*.E*</i>	Quorn Sausage Tomato Pasta Bake with broccoli <i>G(wheat)</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).SB</i>		Fresh Fruit Salad & Low-Fat Yoghurt <i>M</i> or Selection of fresh fruit	
<b>WEDNESDAY</b>	Cheese & Tomato Pizza with potato wedges & sweetcorn <i>G(wheat).M.SB</i>	Quorn Lasagne with Mixed Veg <i>G(wheat).M</i>	Jacket Potato with cheese & beans <i>M</i> Cheese Sandwich <i>M.SB.G(wheat)</i>		Shortbread Biscuit <i>G(wheat)</i> or Selection of fresh fruit	
<b>THURSDAY</b>	Roast Turkey with roast & boiled potatoes, carrots & gravy <i>G(wheat).M.C.E*.MU*.SB*</i>	Cheese Roll with mash potato and garden peas <i>G(wheat).E.M</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).M.SB</i>		Raspberry Bun <i>G(wheat).E.SD</i> or Selection of fresh fruit	
<b>FRIDAY</b>	Pork Sausage in a finger t-cake with potato waffles & sweetcorn <i>G(wheat).SD.SB</i>	Cheese & Tomato Omelette with potatoes waffles & sweetcorn <i>M.E</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E</i>		Mousse <i>M</i> or Selection of fresh fruit	

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

*\* May contain*

**Allergen abbreviations:**

Cereal (gluten) – G

Fish – F

Nuts – N

Sulphur Dioxide – SD

Crustaceans – CT

Peanuts – PN

Celery – C

Lupin – L

Eggs – E

Soybeans – SB

Mustard – MU

Molluscs – MO

Sesame – S

Milk – M

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

*P = Pudding & FR = Fruit*