

SCHOOL MENU WEEK ONE - WEEK COMMENCING 29 JANUARY 2024

	A	B	C	D	P	FR
MONDAY	Battered Fish with Chips & Mushy Peas <i>G(wheat).F</i>	Mediterranean Pasta Bake with Mixed Veg <i>G(wheat).M</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).SB</i>		Chocolate Sponge & Custard <i>G(wheat).M.E</i> or Selection of fresh fruit	
TUESDAY	Pork meatballs in a spicy tomato sauce with pasta spirals and sweetcorn <i>G(wheat).M</i>	Quorn Curry with Rice & Mixed Veg <i>G(wheat).M.E.SB</i>	Jacket Potato with cheese & beans <i>M</i> Cheese Sandwich <i>G(wheat).M.SB</i>		Flap Jack <i>G(oats)</i> or Low Fat Fruity Yogurt <i>M</i>	
WEDNESDAY	Sausage & Mash with Carrots and Gravy <i>G(wheat).SB.SD.C.E*.MU*</i>	Tomato and Herb Pasta with Quorn sausage with Mixed Veg <i>M.G(wheat)</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>F.SB.E.G(wheat)</i>		Ashleigh Biscuit <i>G(wheat)</i> or Selection of fresh fruit	
THURSDAY Sugar Free Day	Meat Pie & Gravy with boiled potatoes, carrots & peas <i>G(wheat).M.C.E.MU*.SB*</i>	Cheese Flan with carrots & peas <i>M.G(wheat).E</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>F.SB.E.G(wheat)</i>		Fresh Fruit Salad or Low Fat Fruity Yoghurt <i>M</i>	
FRIDAY	Chicken Wrap with Potato Waffles & Sweetcorn <i>G(wheat).</i>	Cheese & Tomato Pizza with Potato Waffles & Beans <i>G(wheat).M.SB</i>	Jacket Potato with cheese & beans <i>M</i> Cheese Sandwich <i>G(wheat).M.SB</i>		Mousse 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