

## SCHOOL MENU WEEK THREE - WEEK COMMENCING 4 MARCH 2024

	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 <i>G(wheat).E</i> or Selection of fresh fruit	
<b>TUESDAY</b> <b>Sugar Free Day</b>	Chicken Burger with Mash Potato & Beans <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>	Meat Pie with carrots, peas & gravy <i>G(wheat).M.C.E*,MU*.SB*</i>	Cheese Whirl with mash potato and garden peas <i>G(wheat).E.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> <b>WORLD BOOK DAY</b>	Horrid Henry's Hotdog Sausage in a Bun & Where's Wally Wedges with Sweetcorn & Ketchup <i>G(wheat).SB.SD</i>	Voldemort Veggie Hotdog Sausage in a Bun & Where's Wally Wedges with Sweetcorn & Ketchup <i>G(wheat).SB</i>	Jack & the Beanstalk Potato with Various Fillings <i>M</i> or The BFGs Crumpscoddle Sandwich with Various Fillings <i>G(wheat).E</i>		Matilda's Chocolate Cake <i>G(wheat).E</i> or Selection of fresh fruit	
<b>FRIDAY</b>	Pepperoni 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> Ham Sandwich <i>G(wheat).SB</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  
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*