

SCHOOL MENU WEEK THREE - WEEK COMMENCING 11 NOVEMBER 2024

	A	B	C	D	P	FR
MONDAY	Fish Fingers with chips & mushy peas <i>G(wheat).M.SB.F</i>	Quorn Sausage Tomato Pasta Bake with broccoli <i>G(wheat)</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E.MU</i>		Decorated Chocolate Sponge <i>G(wheat).E</i> or Selection of fresh fruit	
TUESDAY	Spaghetti Bolognese Pasta Spirals with mixed veg <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> Ham Sandwich <i>G(wheat).SB</i>		Raspberry Bun <i>G(wheat).E.SB</i> or Selection of fresh fruit	
WEDNESDAY Sugar Free Day	Pepperoni Pizza with potato wedges & sweetcorn <i>G(wheat).M.SB</i>	Cheese & Tomato Pizza with potato wedges & sweetcorn <i>G(wheat).M.SB</i>	Jacket Potato with cheese & beans <i>M</i> Cheese Sandwich <i>M.SB.G(wheat)</i>		Fresh Fruit Salad & Low-Fat Yoghurt <i>M</i> or Selection of fresh fruit	
THURSDAY	Cottage Pie with Carrots & Gravy <i>G(wheat).M.C.E*.SB*.MU*</i>	Vegetarian Lasagne <i>G(wheat).M</i>	Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).SB</i>		Ashleigh Biscuit <i>G(wheat)</i> or Selection of fresh fruit	
FRIDAY	Pork Sausage in a finger t-cake with potato wedges & sweetcorn <i>G(wheat).SD.SB</i>	Cheese & Tomato Omelette with potatoes wedges & sweetcorn <i>M.E</i>	Jacket Potato with cheese & beans <i>M</i> Tuna Mayo Sandwich <i>G(wheat).M.SB.F.E.MU</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