

Allergen Aware Lunch Menu



NON-DAIRY | NON-EGG | NON-GLUTEN | NON-SOYA | NON-NUTS | NON-PEANUTS | NON-CELERY | NON-MUSTARD | NON-LUPIN



NON-SESAME SEEDS | NON-CRUSTACEANS | NON-MOLLUSCS

Spring/Summer

Our Allergen Aware Menu is **FREE** from most of the top 14 legal allergens and is closely aligned to the Primary School Lunch Menu

1

Monday

Margherita Pizza with Potato Wedges (Ve)
or
Chinese-Style Plant Balls with Steamed Rice (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Mixed Salad

Homemade Summer Berry Cupcake

Tuesday

Chicken in Tomato Sauce with Steamed Rice
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Peas and Sweetcorn

Iced Fruit Smoothie

Wednesday

Roast Chicken with Roast Potatoes and Gravy
or
Cheese and Potato Pie with Gravy (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Carrots and Green Beans

Homemade Cocoa Cake with Orange Wedges

Thursday

Pork Bolognese with **Pasta**
or
BBQ Loaded Bean Bake (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Mixed Vegetables

Fruit Jelly

Friday

Chicken Goujons or Garden Vegetable Goujons (Ve) with Chips
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Peas or Baked Beans

Homemade Lemon Shortbread and Melon Wedge

Week One: 13 Apr | 4 May | 1 Jun | 22 Jun | 13 Jul | 14 Sep | 5 Oct — Fresh Fruit Available Daily

2

Monday

Margherita Pizza with **Tomato Pasta (Ve)**
or
Vegetable Curry with Steamed Rice (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Sweetcorn

Fresh Fruit Platter

Tuesday

Chicken Curry with Steamed Rice
or
Cheese and Tomato Pasta Bake (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Mixed Vegetables

Homemade Marble Shortbread

Wednesday

Pork Sausages
or
Plant Sausages (Ve) with Mashed Potato and Gravy
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Carrots and Peas

Homemade Summer Berry and Apple Slice

Thursday

BBQ Shredded Chicken in a **Homemade Roll** with Potato Wedges
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Mixed Salad

Homemade Orange Cupcake

Friday

Fish Fingers or **Garden Vegetable Goujons (Ve)** with Chips
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Peas or Baked Beans

Homemade Apple Flapjack

Week Two: 20 Apr | 11 May | 8 Jun | 29 Jun | 31 Aug | 21 Sep | 12 Oct — Fresh Fruit Available Daily

3

Monday

Cheese and Tomato Pasta Bake (Ve)
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Peas and Sweetcorn

Homemade Banana Muffin

Tuesday

'Hot Dog' Pork Sausage
or
Plant Sausages (Ve) in a **Homemade Roll** with Potato Wedges and Tomato Dip
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Mixed Salad

Homemade Shortbread

Wednesday

Roast Chicken with Mashed Potato and Gravy
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Broccoli and Carrots

Homemade Apple Crumble

Thursday

"Build your Own" Chicken Flatbread with Steamed Rice
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Sweetcorn

Homemade Oaty Cookie

Friday

Fish Fingers or **Garden Vegetable Goujons (Ve)** with Chips
or
Jacket Potato with **Tuna (No Mayo)**, Beans or **DF Cheese**
served with Peas or Baked Beans

Homemade Shortbread with Orange Wedges

Week Three: 27 Apr | 18 May | 15 Jun | 6 Jul | 7 Sep | 28 Sep | 19 Oct — Fresh Fruit Available Daily

