



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Hand-made Cheese and Tomato Pizza		✓		✓			✓						✓	
Jacket Potato Wedges														
<i>(v) Vegetarian Enchilada</i>		✓					✓						✓	
Steamed Rice														
Mixed Salad														
Jacket Potato with Baked Beans														
Mini Cocoa Crunch with Fresh Orange Wedges		✓		✓										
Tuesday														
Local Pork Sausages		✓												
<i>(v) Courgette and Tomato Frittata</i>				✓			✓							
Mashed Potato														
Baked Beans														
Jacket Potato with Cheese							✓							
Fruit Scone with Jam and Cream		✓					✓							✓
Wednesday														
Roast Chicken														
Stuffing		✓												
Roast Potatoes														
<i>(v) Shepherdess Pie</i>		✓											✓	
Carrots and Broccoli														
Gravy														
Jacket Potato with Tuna Mayonnaise				✓	✓				✓					
Apple Crunch with Natural Yoghurt		✓					✓							
Thursday														
Beef Bolognese	✓													✓
Pasta Twists		✓												
<i>(v) Vegetarian Bean Chilli</i>	✓	✓											✓	✓
Steamed Rice														
Sweetcorn														
Jacket Potato with Cheese and Baked Beans							✓							
Homemade Sponge with Sauce		✓		✓			✓							
Friday														
Breaded Fish Fingers		✓			✓									
<i>(v) Country Vegetable Flan</i>		✓		✓			✓							
Chips														
Garden Peas														
Baked Beans														
Jacket Potato with Cheese and Coleslaw				✓			✓							
Autumn Feast Sponge		✓		✓			✓							



Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Breaded Chicken Fillet		✓												
Tomato Pasta		✓												
<i>(v) Lentil Moussaka</i>		✓					✓							
Mixed Salad														
Jacket Potato with Baked Beans														
Mini Shortbread with Fresh Apple and Orange Wedges		✓												
Tuesday														
Pork and Sweet Potato Topped Pie							✓							
Gravy														
<i>(v) Veggie Balls in Mediterranean Sauce</i>		✓											✓	
Steamed Rice														
Cauliflower and Sweetcorn														
Jacket Potato with Cheese							✓							
Brownie Slice		✓		✓										
Wednesday														
Roast Beef														
<i>(v) Quorn Sausage</i>		✓		✓			✓							
Yorkshire Pudding		✓		✓			✓							
Mashed Potato														
Green Beans and Carrots														
Gravy														
Jacket Potato with Tuna Mayonnaise				✓	✓				✓					
Vanilla Ice Cream							✓							
Thursday														
Hunter's Chicken							✓							
Savoury Rice														
<i>(v) Italian Bean Bake</i>	✓	✓					✓					✓	✓	✓
Pea and Sweetcorn Medley														
Jacket Potato with Cheese and Baked Beans							✓							
Apple Crumble with Custard		✓					✓							
Friday														
Breaded Fish Fingers		✓			✓									
Salmon Fingers		✓			✓									
<i>(v) Veggie Burger</i>		✓												
Chips														
Garden Peas														
Baked Beans														
Jacket Potato with Cheese and Coleslaw							✓							
Carrot Cake		✓		✓			✓							

Nor-se kitchens are nut-free environments and every precaution is taken to eliminate the likelihood of cross-contamination of allergens within school kitchens, we are unable to guarantee a one hundred percent allergen free environment