



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Vegetarian Bolognese		✓											✓	
Pasta		✓												
Margherita Pizza (v)		✓					✓							
Jacket Potato Wedges														
Mixed Salad														
Coleslaw				✓										
Jacket Potato with Baked Beans														
Zesty Shortbread with Orange Wedges		✓												
Tuesday														
Cottage Pie														
Quorn Chipolatas in Tomato Sauce (v)		✓		✓			✓							
Pasta		✓												
Broccoli and Sweetcorn														
Jacket Potato with Cheese and Coleslaw				✓			✓							
Autumn Feast Sponge		✓		✓			✓							
Wednesday														
Roast Chicken with Stuffing		✓												
Lentil Roast (v)		✓		✓			✓						✓	
Roast Potatoes														
Cabbage and Carrots														
Gravy														
Jacket Potato with Tuna Mayonnaise					✓				✓					
Fresh Fruit with Natural Yoghurt							✓							
Thursday														
Pork Meatballs in Gravy														
Mashed Potatoes														
Vegetable Risotto (v)	✓						✓							
Mixed Vegetables														
Jacket Potato with Cheese and Baked Beans							✓							
Apple and Berry Cobbler		✓					✓							
Custard							✓							
Friday														
Breaded Fish Fingers		✓			✓									
Cheese and Tomato Frittata (v)				✓			✓							
Chips														
Garden Peas														
Baked Beans														
Jacket Potato with Cheese							✓							
Pear and Ginger Cake		✓					✓							



Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Sweet Potato and Lentil Curry							✓							
Steamed Rice														
Margherita Pizza (v)		✓					✓							
Herby Diced Potatoes														
Mixed Salad														
Coleslaw				✓										
Jacket Potato with Baked Beans														
Banana Cupcake		✓					✓							
Tuesday														
Pasta Bolognese														
Garlic Bread		✓												
Cheese and Potato Pie (v)				✓			✓							
Mixed Vegetables														
Jacket Potato with Cheese and Coleslaw				✓			✓							
Orange and Cocoa Dessert							✓						✓	
Wednesday														
Roast Pork														
Apple Sauce														
Quorn Sausages (v)		✓		✓			✓							
Roast Potatoes														
Carrots and Broccoli														
Gravy														
Jacket Potato with Tuna Mayonnaise					✓				✓					
Fresh Fruit Salad with Natural Yoghurt							✓							
Thursday														
Chicken and Broccoli Pasta		✓												
Italian Bean Bake (v)		✓					✓						✓	
Baton Carrots														
Jacket Potato with Cheese and Baked Beans							✓							
Sponge Pudding with Sauce		✓		✓			✓							
Friday														
Breaded Fish Fingers		✓			✓									
Garden Vegetable Goujons (v)		✓												
Chips														
Garden Peas														
Baked Beans														
Jacket Potato with Cheese							✓							
Fruity Flapjack		✓												



Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Vegetarian Enchilada Bake		✓					✓						✓	
Margherita Pizza (v)		✓					✓							
Jacket Potato Wedges														
Mixed Salad														
Coleslaw				✓										
Jacket Potato with Baked Beans														
Vanilla Ice Cream Tub							✓							
Tuesday														
Sausage and Tomato Pasta		✓												✓
Mixed Bean Chilli (v)		✓											✓	
Steamed Rice														
Peas														
Sweetcorn														
Jacket Potato with Cheese and Coleslaw				✓			✓							
Orchard Crumble		✓												
Custard							✓							
Wednesday														
Roast Beef														
Yorkshire Pudding		✓		✓										
Vegetarian Cottage Pie (v)		✓											✓	
Mashed Potato														
Carrots and Cauliflower														
Gravy														
Jacket Potato with Tuna Mayonnaise					✓				✓					
Fresh Fruit Salad with Natural Yoghurt							✓							
Thursday														
Chicken Curry							✓							
Steamed Rice														
Naan Bread		✓												
Cheesy Pasta (v)		✓					✓							
Broccoli														
Sweetcorn														
Jacket Potato with Cheese and Baked Beans							✓							
Toffee Cream Tart		✓					✓							
Friday														
Breaded Fish Fingers		✓			✓									
Salmon Fingers					✓									
Spanish Omelette (v)				✓			✓							
Chips														
Garden Peas														
Baked Beans														
Jacket Potato with Cheese							✓							
Cornflake Krispie		✓					✓							

Norse 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