# Allergy Information

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

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### Menu

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main</td>
<td>Chicken Risotto</td>
<td>Beef and Red Pepper Pizza with Roasted Vegetables</td>
<td>Roast Beef with Roast Potato's &amp; Gravy</td>
<td>Chicken Tagine with Lemon &amp; Mint Couscous with Flat Bread</td>
<td>Salmon Fishcake or Steamed Salmon Portion with Paprika Wedges</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>Bean and Lentil Burgers with Homemade Potato Wedges</td>
<td>Quorn and Vegetable Stir Fry with Noodles</td>
<td>Vegetable Wellington with Steamed New Potatoes &amp; Gravy</td>
<td>Vegetable Tagine with Lemon &amp; Mint Couscous with Flat Bread</td>
<td>Tomato, Spinach and Cheese Wholemeal Pasta Neapolitan</td>
</tr>
<tr>
<td>Jacket</td>
<td>Jacket Potato with Beans or Cheese</td>
<td>Jacket Potato with Tuna or Baked Beans</td>
<td>Jacket Potato with Cheese or Tuna</td>
<td>Jacket Potato with Beans or Cheese</td>
<td>Jacket Potato with Tuna or Baked Beans</td>
</tr>
<tr>
<td>Veg</td>
<td>Sweetcorn</td>
<td>Roasted vegetables and Green Beans</td>
<td>Cauliflower Broccoli</td>
<td>Roasted Butternut Squash</td>
<td>Wholemeal Peach Crumble with Custard</td>
</tr>
<tr>
<td>Dessert</td>
<td>Pear and Ginger Muffin, Natural Yoghurt, Fresh Fruit Salad</td>
<td>Apple, Cheese &amp; Crackers, Natural Yoghurt, Fresh Fruit Salad</td>
<td>Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Platter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Main</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main</td>
<td>Lemon Turkey Stuffed Pitta Pouch served with a Couscous Salad</td>
<td>Chicken Arrabiata served with Wholemeal Pasta</td>
<td>Roast Turkey with Roast Potatoes &amp; Gravy</td>
<td>Jamaican Rice with Beef &amp; with Flat Bread</td>
<td>Mediterranean Fish with Chipped Potatoes</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>Mixed Bean Cassoulet with Rice</td>
<td>Roast Vegetable Pizza</td>
<td>Shepherdess Pie</td>
<td>Lentil and Sweet Potato Curry with 50/50 Rice</td>
<td>Spanish Omelette with Steamed New Potatoes</td>
</tr>
<tr>
<td>Jacket</td>
<td>Jacket Potato with Beans or Cheese</td>
<td>Jacket Potato with Tuna or Baked Beans</td>
<td>Jacket Potato with Cheese or Tuna</td>
<td>Jacket Potato with Beans or Cheese</td>
<td>Jacket Potato with Tuna or Baked Beans</td>
</tr>
<tr>
<td>Veg</td>
<td>Green Beans, Carrots</td>
<td>Mixed Roasted Peppers with onions</td>
<td>Cabbage, Carrot and Swede Mash</td>
<td>Roasted Mixed Vegetables</td>
<td>Baked Beans, Garden Peas</td>
</tr>
<tr>
<td>Dessert</td>
<td>Apple and Berry Strudel with Custard, Natural Yoghurt, Fresh Fruit Salad</td>
<td>Pear Sponge with Custard, Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Salad</td>
<td>Wholemeal Fruity Shortbread with Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Salad</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Main</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main</td>
<td>Beef Bolognaise with Spaghetti</td>
<td>Beef Burger with Homemade Jacket Potato Wedges</td>
<td>Roast Chicken with Stuffing, Roast Potatoes &amp; Gravy</td>
<td>Cajun Spiced Turkey with Wholemeal Penne Pasta</td>
<td>Breaded or Steamed Fillet of Fish served with Oven Chips</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>Quorn Mince Vegetarian Bolognaise with Spaghetti</td>
<td>Bean &amp; Vegetable Burger with Homemade Potato Wedges</td>
<td>Lentil and Vegetable Soya Roast with Steamed New Potatoes &amp; Gravy</td>
<td>Soya and Bean Chilli with 50/50 Rice with Flat Bread</td>
<td>Chickpea and Vegetable Hotpot with Couscous</td>
</tr>
<tr>
<td>Jacket</td>
<td>Jacket Potato with Beans or Cheese</td>
<td>Jacket Potato with Tuna or Baked Beans</td>
<td>Jacket Potato with Cheese or Tuna</td>
<td>Jacket Potato with Tuna or Cheese</td>
<td>Jacket Potato with Beans or Baked Beans</td>
</tr>
<tr>
<td>Veg</td>
<td>Roasted Summer Vegetables, Roasted Carrots</td>
<td>Tomato and Onion Slaw, Sweetcorn</td>
<td>Red Cabbage, Carrots</td>
<td>Green Beans, Broccoli</td>
<td>Baked Beans, Garden Peas</td>
</tr>
<tr>
<td>Dessert</td>
<td>Lemon and Mixed Berry Cake, Natural Yoghurt, Fresh Fruit Salad</td>
<td>Pineapple Upside Down Cake with Custard, Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Salad</td>
<td>Oaty Apple Crumble with Custard, Natural Yoghurt, Fresh Fruit Platter</td>
<td>Natural Yoghurt, Fresh Fruit Salad</td>
</tr>
</tbody>
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- **Available Daily**: Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- **Available Daily**: Bread freshly baked on site daily
- **Available Daily**: Daily salad selection