

## SCHOOL MENU WEEK THREE - WEEK COMMENCING 7 OCTOBER 2024

	A	B	C	D	P	FR
<b>MONDAY</b>	Sea Stars with Chips & Beans  <i>G(wheat).F.SB</i>	Pasta with tomato & herby sauce with broccoli  <i>G(wheat).M</i>	Jacket Potato with cheese & beans  <i>M</i> Cheese Sandwich <i>SB.G(wheat).M</i>		Decorated Sponge <i>G(wheat).E</i> or Selection of fresh fruit	
<b>TUESDAY</b> <b>Sugar Free Day</b>	Meat Pie & Potatoes with Carrots & Gravy <i>G(wheat).M.C.E*.SB*.MU*</i>	Cheese Flan with Boiled Potatoes & Beans <i>G(wheat).M.E</i>	Jacket Potato with cheese & beans  <i>M</i> Tuna Mayo Sandwich <i>F.SB.E.G(wheat)</i>		Fresh fruit salad or Low fat fruity yogurt <i>M</i>	
<b>WEDNESDAY</b>	Chicken Curry & Boiled Rice with Mixed Veg  <i>M</i>	Macaroni Cheese with peas & carrots  <i>G(wheat).M</i>	Jacket Potato with cheese & beans  <i>M</i> Ham Sandwich <i>G(wheat).SB</i>		Raspberry Bun <i>G(wheat).E.SD</i> or Selection of fresh fruit	
<b>THURSDAY</b> <b>Sugar Free Day</b>	Roast Chicken with Boiled & Roast Potatoes, Carrots & Peas <i>G(wheat).M.C.E*.SB*.MU*</i>	Cheese Roll with Boiled Potatoes & Beans <i>G(wheat).E.M</i>	Jacket Potato with cheese & beans  <i>M</i> Tuna Mayo Sandwich <i>F.SB.E.G(wheat)</i>		Ashleigh Biscuit <i>G(wheat)</i> or Low fat fruity yogurt <i>M</i>	
<b>FRIDAY</b>	Beef Burger in a Bun with Wedges & Sweetcorn  <i>G(wheat).SB</i>	Quorn Burger in a Bun with Wedges & Sweetcorn <i>G(wheat).E.SB</i>	Jacket Potato with cheese & beans  <i>M</i> Cheese Sandwich <i>SB.G(wheat).M</i>		Ice-Cream & Peaches <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*