


SCHOOL MENU WEEK TWO - WEEK COMMENCING 4 NOVEMBER 2024

| | A | B | C | D | P | FR |
|---|---|---|--|---|---|----|
| MONDAY | 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> | | Sponge & Custard <i>G(wheat).E.M</i> or Selection of fresh fruit | |
| TUESDAY  | Bonfire Bangers & Mash with Carrots & Gravy <i>G(wheat).M.C.E*.MU*.SB.SD</i> | Catherine Wheel Cheese Whirl with Mash & Bonfire Beans <i>G(wheat).E.M</i> | Guy Fawkes Jacket Potato with cheese & beans <i>M</i> Ham Sandwich <i>G(wheat).M.SB</i> | | Firework Flapjack <i>G(oats)</i> or Selection of Fresh Fruit | |
| WEDNESDAY Sugar Free Day | 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> Ham Sandwich <i>G(wheat).SB</i> | | Fresh fruit salad or Low fat fruity yogurt <i>M</i> | |
| THURSDAY | 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> Tuna Mayo Sandwich <i>F.SB.E.G(wheat)</i> | | Raspberry Bun <i>G(wheat).E.SD</i> or Selection of fresh fruit | |
| FRIDAY | 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