

Menu Items – Cycle weeks 1 - 3	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
<b>Week 1</b>														
Vegetarian Pilau, Garlic and Coriander naan bread, raita. <b>(v)</b>		Wheat✓					✓							
Chicken Tikka Curry, Garlic and Coriander Naan, Mint Sauce		Wheat✓					✓							
Vegetarian Tikka Curry, Garlic and Coriander Naan, Mint Sauce		Wheat✓					✓							
Margarita Pizza, Skin on wedges, BBQ sauce and crunchy slaw		Wheat✓		✓			✓		✓					
SFC Chicken Mini Fillet Wrap, Rosti bites and salad	✓	Wheat✓												
Vegetarian cajun Wrap, Rosti bites and salad	✓	Wheat✓												
Jacket Potato, Cheese, Baked Beans Tuna Mayonnaise & Sweetcorn.				✓	✓		✓							
<b>Week 2</b>														
Chicken Katsu, Steamed Rice with spring onion, Carrot sticks	✓	Wheat✓												
Vegetable Katsu, Steamed Rice with spring onion, Carrot sticks		Wheat✓												

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Cheese and tomato panini, Nachos. (May Contain Rye Barley, Oats)		Wheat✓					✓		✓			✓	✓	
Pea and potato curry, Pilau rice and Naan Bread		Wheat✓											✓	
Beef bolognese, Tomato & Basil Sauce, Tri-colour Fusilli Pasta, Mixed Grated Cheeses. Garlic and Herb Bread		Wheat✓					✓						✓	
Vegetable bolognese, Tomato & Basil Sauce, Tomato & Basil Sauce, Tri-colour Fusilli Pasta, Mixed Grated Cheeses. Garlic and Herb Bread (v)		Wheat✓					✓		✓				✓	

### Week 3

Margarita Pizza, Fries, Ketchup and Sweetcorn		Wheat✓					✓							
Battered Fish Fillet, Chips, Garden peas and sauce	✓	Wheat✓			✓									
Vegetable Finger, Chips, Garden Peas and sauce	✓	Wheat✓												
Cajun Chicken Wrap, Rosti bites mayo and salad		Wheat✓												
Vegetarian cajun Wrap, Rosti bites mayo and salad		Wheat✓												
Southern fried Chicken burger, Sautéed potatoes and garlic mayo		Wheat✓		✓			✓		✓				✓	
Vegetarian burger, sautéed potatoes and garlic mayo		Wheat✓		✓			✓		✓				✓	



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Arrabiata penne pasta, Tri Colour Pasta with Garlic and Herb Bread, Grated Mozzarella Cheese with Rocket salad		Wheat✓					✓						✓	
Vegetarian Pilau, Garlic and Coriander naan bread, raita (v)		Wheat✓					✓							
<b>Desserts / Primary Snacks</b>														
Home Baked Milk Chocolate Cookie		Wheat✓		✓			✓						✓	
Chocolate chip flapjack		Wheat, Barley, Oat✓					✓							
Choco Crunch Flapjack –		Wheat, Barley, Oat✓					✓							
Oat and Raisin Cookie		Wheat, Barley, Oat✓					✓							
Vegan Chocolate Cake		Wheat, Oat✓												
Choc Ice							✓							
Chocolate Drizzle cake		Wheat✓		✓			✓						✓	
Flapjack		Wheat, Barley, Oat✓												
Cola Cake		Wheat✓		✓			✓						✓	
Cornflake Crunch		Wheat, Barley, ✓		✓			✓							
Chocolate Oreo Cake		Wheat✓		✓			✓						✓	



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Lemonade sprinkle Cake		Wheat✓		✓			✓							
Strawberry Swirl Sponge		Wheat✓		✓			✓							
<b>Snacks</b>														
Potato Puffs														
Custard creams		Wheat✓					✓					May✓Contain		
Chocolate Digestive biscuits		Wheat✓					✓						✓	
Bourbon creams		Wheat✓					May✓Contain							
Jam Rings		Wheat✓		May✓Contain			✓						✓	
<b>Breakfast and Break snacks</b>														
Buttered Toasted Wholemeal Bread		Wheat✓					✓							
Buttered Crumpets		Wheat✓					✓							
Buttered Currant tea cakes		Wheat✓					✓					May✓Contain		
Cheesy Naan Pizza		Wheat✓					✓							
Cheese On Toast		Wheat✓					✓							
Pastries		Wheat✓		May✓Contain			✓			May✓Contain			✓	
Scrambled eggs		Wheat✓		✓			✓							
Chicken Sausage		Wheat✓												✓
Quorn Sausage		Wheat✓		✓			✓							
Baked beans / Tomatoes														

