

AUTUMN/WINTER 2023 PRIMARY

WEEK 1 ALLERGENS

w/c 31st October 2022, 21st November, 12th December, 16th January 2023, 6th February, 6th March, 27th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Roll & gravy Gluten, soya Vegetable Cobbler & gravy Gluten, celery, milk, soya Cheese sandwich Gluten, soya, milk Salad garnish	Pork goulash Vegetarian Sausage & Gravy Gluten, soya Jacket potato with cheese & baked beans Milk Salad garnish	Sausages, Yorkshire pudding & gravy Gluten, egg & milk Vegetable Pie & gravy Gluten, soya, egg Ham sandwich Gluten, soya Salad garnish	Chilli nacho's Gluten, fish Macaroni cheese Gluten, milk Jacket potato with tuna mayonnaise Fish, egg, milk, mustard Salad garnish	Fish portion Gluten, fish Vegetable fingers Gluten Egg mayonnaise sandwich Gluten, egg Salad garnish
Potato Croquettes Milk Cauliflower Baton Carrots	Crusty Bread Gluten, sesame seeds Diced potatoes Gluten Garden peas Sweetcorn	Mashed potatoes Sliced carrots Broccoli	Seasoned wedges Crusty bread Gluten, sesame seeds Mixed vegetables	Oven chips Mushy peas Sweetcorn
Apple Muffin & milkshake Gluten, egg, milk	Chocolate Crunch Gluten, egg & Chocolate Sauce Milk	Jam roll Gluten, & custard Milk	Peaches in jelly	Banoffee Tart Gluten, milk, soya

AUTUMN/WINTER 2023 PRIMARY

Week 2 **ALLERGENS**

w/c 7th November 2022, 28th November, 3rd January 2023, 23rd January, 20th February, 13th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & Pizza twist Gluten, milk Mediterranean pasta bake Gluten, soya, milk Tuna mayonnaise sandwich Gluten, soya, fish, milk, mustard, egg Salad garnish	Lasagne Gluten, milk, fish Vegetarian Lasagne Gluten, milk Jacket potato with cheese Milk & baked beans Salad garnish	Roast pork, stuffing & gravy Gluten Vegetable Chilli Celery Ham sandwich Gluten, soya Salad garnish	Chicken & vegetable pie Gluten, soya & gravy Mediterranean tart Gluten, milk, soya Jacket potato with tuna mayonnaise Fish, egg, milk, mustard Salad garnish	Jumbo fish finger wrap Gluten, fish Vegetable nuggets Gluten Cheese sandwich Gluten, milk, soya Salad garnish
Diced Potatoes Gluten Crusty bread Gluten, sesame seeds Baton Carrots Cucumber sticks	Crusty Bread Gluten, sesame seeds Mixed vegetables	Mashed potatoes Yorkshire pudding Gluten, egg, milk Rice Cauliflower Green beans	Roast potatoes Broccoli Sweetcorn	Oven chips Mushy peas Sliced carrots
Pineapple shortcake Gluten, egg, soya & Custard Milk	Ice cream Milk, soya & apple wedge	Lemon fudge pudding Gluten, egg, milk, soya & custard Milk	Chocolate Brownie Gluten	Berlin slice Gluten, egg & custard Milk

AUTUMN/WINTER 2023 PRIMARY

WEEK 3 **ALLERGENS**

w/c 14th November 2022, 5th December, 9th January 2023, 30th January, 27th February, 20th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Quorn dippers Gluten, egg, milk & tomato sauce</p> <p>Cheesy pasta bake Gluten, milk</p> <p>Egg mayonnaise sandwich Gluten, egg, milk, mustard, soya</p> <p>Salad garnish</p>	<p>Rabia's Chicken curry Gluten, milk, celery, mustard</p> <p>Mixed bean bake Milk</p> <p>Jacket potato with cheese Milk</p> <p>Salad garnish</p>	<p>Roast gammon & gravy</p> <p>Vegetable Crumble & gravy Gluten, milk, soya</p> <p>Tuna mayonnaise sandwich Gluten, fish, egg, milk, mustard, soya</p> <p>Salad garnish</p>	<p>Cottage pie & gravy Gluten, fish</p> <p>Americano pasta Gluten, soya, sulphur dioxide</p> <p>Jacket potato with cheese & baked beans Milk</p> <p>Salad garnish</p>	<p>Fish fingers Gluten, fish</p> <p>Minced beef pie Gluten, fish, soya</p> <p>Or</p> <p>Cheese Quiche Gluten, soya, milk, egg</p> <p>Cheese sandwich Gluten, milk, soya</p> <p>Salad garnish</p>
<p>Diced Potatoes Gluten</p> <p>Crusty bread Gluten, sesame seeds</p> <p>Sliced Carrots</p> <p>Garden peas</p>	<p>Rice</p> <p>Minted salad</p> <p>Broccoli</p>	<p>Roast potatoes</p> <p>Yorkshire pudding Gluten, egg, milk</p> <p>Carrots</p> <p>Green beans</p>	<p>Yorkshire pudding Gluten, egg, milk</p> <p>Crusty bread Gluten, sesame seeds</p> <p>Mixed vegetables</p>	<p>Oven chips</p> <p>Mushy peas</p> <p>Sweetcorn</p>
<p>Coconut & Cherry Flapjack Gluten, sulphur dioxide</p>	<p>Marble sponge & chocolate sauce Gluten, egg, milk, soya</p>	<p>Bakewell tart & custard Gluten, soya, milk</p>	<p>Shortbread Cookie Gluten, soya</p>	<p>Rice crispy cake Milk, soya</p>

*Rabia works at Hayfield kitchen. She has kindly sent us her curry recipe for pupils to enjoy