

AUTUMN/SPRING TERM LUNCH MENU - 2023/2024

Our food is cooked freshly on the day.

We also serve a choice of salads, seasonal vegetables, bread and water every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 W/C 4 th Sept 25 th Sept 16 th Oct 13 th Nov 4 th Dec 8 th Jan 1 st Jan 26 th Feb 18 Mar	Mixed Veggie Bolognese Pasta with Cheese (2,4)	Sweet & Sour Chicken with Plain Rice (1)	Chicken Sausage and Mashed Potato with Vegetables & Gravy (2,7,14,13)	Chilli Corn Carne with Plain Rice (1)	Fish Fingers with Chips & Peas (2,5)
	Cheese & Biscuits, Fresh Fruit or Yoghurt (2,7)	Vegetarian Sweet & Sour Quorn with Plain Rice (1)	Vegetable Sausage and Mashed Potatoes with Vegetables & Gravy (2,4,13,7)	Veggie Mince Chilli Con Carne with Plain Rice (2,4)	Vegetable Fingers with Chips & Peas (2,5)
		Cheese & Biscuits, Fresh Fruit or Yoghurt (2,7)	Rocket Lolly or Cheese & Biscuits, Fresh Fruit or Yoghurt (2,7)	Sprinkle Cake with Custard or Fresh Fruit or Yoghurt (2,4,6,7)	Fresh Fruit or Yoghurt, or Cheese & Biscuits (2,7)
WEEK 2 W/C 11 th Sept 2 nd Oct 30 th Oct 20 th Nov 11 th Dec 15 th Jan 5 th Feb 4 th Mar 25 th Mar	Jacket Potato with Tuna Mayo, Cheese and Beans (4,5,7)	Spaghetti Bolognese with Green Beans & Garlic Bread. (2,6,7)	Chicken and Sweet Potato Curry with Pilau Rice & Poppadum (2,6,7)	Chicken Sausage with Roast Potatoes, Yorkshire Pudding, Mixed Vegetables & Gravy (2,14,13,7)	Chicken Gougons with Chips & Peas (2)
	Veggie Spaghetti Bolognese with Green Beans & Garlic Bread (1,2,7,13)	Vegetable Curry with Pilau Rice & Poppadum (2,6,7)	Veggie Sausage with Roast Potatoes, Yorkshire Pudding, Mixed Vegetables & Gravy (2,14,13,7)	Veggie Dippers with Chips & Peas. (2)	
	Fresh Fruit or Yoghurt or Cheese & Biscuits (2,7)	Fresh Fruit or Yoghurt or Cheese & Biscuits (2,7)	Rocket Lolly or Fresh Fruit or Yoghurt or Cheese and Biscuits (2,7)	Carrot Cake or Fresh Fruit or Yoghurt (2,4,7)	Fresh Fruit or Yoghurt, or Cheese & Biscuits (2,7)
WEEK 3 W/C 18 th Sept 9 th Oct 6 th Nov 27 th Nov 18 th Dec 22 nd Jan 19 th Feb 11 th Mar	Cheesy Mashed Potato with Beans (5,7)	Cottage Pie (Beef) with Vegetables & Gravy. (1,2,7,13)	Roast Chicken with Roast Potatoes, Vegetables, Yorkshire Pudding and Gravy. (2,4,6,7)	Jollof Rice with Chicken & Vegetables (2)	Beef Burger with Chips & Peas. (2)
	Veggie Cottage Pie with Vegetables & Gravy. (2,6,7)	Vegetable Sausage with Roll Roast Potatoes, Yorkshire Pudding & Gravy. (2,13,14,7)	Jollof Rice with Veggie Dippers & Vegetables (2,4)	Vegetable Burger with Chips & Peas (2)	
	Fresh Fruit or Yoghurt (2,7)	Fresh Fruit or Yoghurt or Cheese and Biscuits (2,7)	Rocket Lolly or Fresh Fruit or Yoghurt or Cheese and Biscuits (2,7)	Chocolate Cake with Chocolate Sauce or Fresh Fruit or Yoghurt (2,4,7)	Rocket Lolly or Fresh Fruit or Yoghurt or Cheese & Biscuits (2,7)


14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1	 Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.	
2	
3	 Crustaceans Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
4	 Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
5	 Fish You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
6	 Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
7	 Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
8	 Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews
9	 Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
10	 Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
11	 Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
12	 Sesame seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
13	 Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
14	 Sulphur dioxide (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Allergens Information

We are now required to give allergen information on all the ingredients contained our school meals.

Please see our website for a larger version of the Food Standards Agency chart (Left).

The menu has been labelled with the corresponding allergen number (bracketed in red).

More information can be found on the Food Standards Agency website
www.food.gov.uk/business-industry/allergy-guide

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at food.gov.uk/facebook

Join our conversation @[food.gov.uk/twItter](https://twitter.com/foodgovuk)

Watch us on food.gov.uk/youtube