



WEEKLY LUNCH MENU

MONDAY



Main: Tomato Pasta
Veg options: Pepper sticks or Carrot sticks
Pudding: Ice cream



TUESDAY



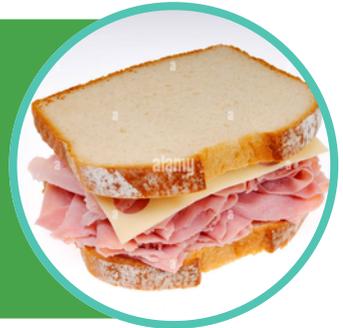
Main: Margarita Pizza and Chips
Veg options: Cucumber sticks or carrots sticks
Pudding: Jelly



WEDNESDAY



Sandwiches (ham or Cheese)
Veg options: pepper sticks or carrot sticks
Pudding: Yogurt pot



THURSDAY



Main: Chicken Nuggets and chips
Veg options: sweetcorn or beans
Pudding: school cake



FRIDAY



Fish Fingers and chips
Veg options: sweetcorn or beans
Pudding: Jelly



MONDAY-FRIDAY



Alternative daily option: Jacket Potato
(Butter, Beans or Cheese)
Veg options: 1 or 2 of the day



ALLERGIES

MONDAY



Main: Tomato pasta
Veg options: pepper sticks or carrot sticks
Pudding: Ice cream

Main: Tomato pasta

Sauce Ingredients:

Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.

Contains : None of the 14 Food Allergens

Pasta INGREDIENTS: Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Diglycerides of Fatty Acids).



Pudding: Vegan Chocolate Ice cream

Ingredients: Water, Sugar, Chocolate Flavoured Sauce (12%)(Glucose Syrup, Water, Sugar, Fat Reduced Cocoa Powder, Gelling Agent(Pectin), Thickener(Locust Bean Gum)), Polydextrose, Coconut Oil, Dextrose, Fat Reduced Cocoa Powder, Gram Flour, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Locust Bean Gum).

Contains : None of the 14 Food Allergens

May contain : Egg, Milk and Soya



ALLERGIES

TUESDAY

Main: Pizza and chips

Veg options: Pepper sticks or Carrot sticks

Pudding: Ice cream



Main: Margarita Pizza

Ingredients: Pizza Base (56%): Fortified **WHEAT Flour (WHEAT Flour, WHEAT Gluten)**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Psyllium Husk Powder, Rapeseed Oil, Dried seaweed (Ascophyllum nodosum species), Salt. Cheese Topping (21%): Mozzarella Cheese (**MILK**), Mature Cheddar Cheese (MILK), Anti-caking Agent: Potato Starch. Sauce Topping (23%): Tomato Sauce (Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Pepper, Basil, Garlic), Acidity Regulator: Citric Acid.), Water, Red Pepper Paste (Grill Roasted Red Peppers, White Wine Vinegar, Sunflower Oil, Salt.).

Contains : Gluten, Milk and Wheat

Main: Gluten free Margarita Pizza

INGREDIENTS: Mozzarella Full Fat Soft Cheese (**Milk**) (23%), Water, Tomato Purée, Maize Starch, Potato Starch, Rice Flour, Sunflower Oil, Tapioca Starch, Raising Agent (Disodium Diphosphate, Sodium Carbonate), Buckwheat Flour, Sugar, Pea Flour, Flavouring, Thickener (Hydroxypropyl Methyl Cellulose), Millet Flour, Milled Flax Seed, Pea Fibre, Potato Fibre, Rice Fibre, Psyllium Fibre, Salt, Modified Maize Starch, Stabiliser (Xanthan Gum), Oregano.

Chips

Ingredients: Potato (96%)(origin: EU/ non-EU), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Dextrose.

Contains : None of the 14 Food Allergens

Pudding: Jelly

Ingredients: Dextrose, Sugar, Beef Gelatine, Acidity Regulators(Citric Acid, Trisodium Citrate), Colours(Beetroot Red, Annatto norbixin), Flavouring.

Contains : None of the 14 Food Allergens

Pudding: Halal/ Vegan Jelly

Water, Fruit Sugar, Gelling Agents (Xanthan Gum, Locust Bean Gum, Gellan Gum), Natural Cola Flavour, Citric Acid, Sodium Citrate, Colour (Burnt Caramel), Plant Based Sweetener (stevia)





WEDNESDAY

Sandwiches (ham or Cheese)

Veg options: Pepper sticks or Carrot sticks

Pudding: Yogurt pot



Main: Sandwiches

Bread gluten free INGREDIENTS: Water, Rice Flour, Tapioca Starch, Maize Starch, Bamboo Fibre, Rapeseed Oil, Psyllium Husk Powder, Dried Egg White, Yeast, Humectant (Glycerol), Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Sugar, Salt, Cider Vinegar, Preservative (Calcium Propionate).

Bread INGREDIENTS: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Preservative (Calcium Propionate), Soya Flour, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid).

Filling:

Ham :INGREDIENTS: Pork (98%), Honey, Mineral Sea Salt, Brown Sugar, Stabilisers (Potassium Triphosphate, Pentasodium Triphosphate, Tetrapotassium Diphosphate), Caramelised Sugar Syrup, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).

cheese Ingredients: Cheddar Cheese (98%)(Milk),Anti-caking Agent(Potato Starch).

Contains : Milk

Butter Ingredients: Butter(Cream (Milk)), Salt (Maximum 2%). (Minimum 80% milk fat content).

Contains : Milk

Pudding: Yogurt

Ingredients Fromage Frais (Pasteurised Semi-Skimmed Milk 80.3%, Cream (Milk), Skimmed Milk Powder, Lactic Cultures (Milk)), Fruits 10% (Strawberry 5%, Banana 5%), Carrot Juice, Maize Starch, Natural Flavourings, Concentrated Lemon Juice, Lemon Juice, Milk Mineral Concentrate, Vitamin D



ALLERGIES



THURSDAY

Main: Chicken Nuggets and chips

Veg options: Sweetcorn or Beans

Pudding: school cake

Main: Chicken nuggets and chips

Hala Nuggets Ingredients:

Chicken Breast (51%), **Wheat** Flour, Rapeseed Oil, Water, **Wheat** Starch, Durum **Wheat** Semolina, **Wheat** Fibre, Maize Starch, **Wheat** Gluten, Salt, Yeast, Spice, Spice Extracts.

Allergens are shown in Bold

Contains : Gluten and Wheat

Tesco Free From Breaded Chicken Goujons 300G

INGREDIENTS: Chicken (53%), Rice Flour, Rapeseed Oil, Water, Gram Flour, Maize Flour, Cornflour, Potato Starch, Pea Fibre, Salt, Dextrose, Black Pepper, White Pepper, Sage.

Chips

Ingredients: Potato (96%)(origin: EU/ non-EU), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Dextrose.

Contains : None of the 14 Food Allergens

Pudding: school cake

Ingredients : **Eggs**, unsalted butter, self rising flour icing sugar baking power caster sugar

school cake Gluten free

Tesco Free From Vanilla Traybake

INGREDIENTS: Vanilla Flavoured Frosting (39%) [Sugar, Palm Oil, Rapeseed Oil, Water, Glucose Syrup, Salt, Humectant (Glycerol), Flavouring, Colour (Lutein)], Pasteurised Egg, Sugar, Rice Flour, Tapioca Flour, Potato Flour, Sugar Strands [Sugar, Colours (Paprika Extract, Curcumin), Coconut Oil, Concentrated Beetroot Juice, Glazing Agent (Carnauba Wax)], Maize Flour, Raising Agents (Monocalcium Phosphate, Sodium Carbonate), Thickener (Xanthan Gum), Emulsifier (Methyl Cellulose).



ALLERGIES



FRIDAY

Fish Fingers and chips

Veg options: Sweetcorn or beans

Pudding: Jelly

Main: Free from Fish Fingers

Ingredients Alaska Pollock (Fish) (65%), Breadcrumb Coating*, Rapeseed Oil, *Breadcrumb Coating (Flour (Rice, Ground Chickpea), Starch (Potato, Maize, Pea), Water, Rice Semolina, Salt, Dried Potato, Pea Fibre)

Chips

Ingredients: Potato (96%)(origin: EU/ non-EU), Vegetable Oils (Sunflower Oil, Rapeseed Oil), Dextrose.

Contains : None of the 14 Food Allergens

Pudding: Jelly

Ingredients: Dextrose, Sugar, Beef Gelatine, Acidity Regulators(Citric Acid, Trisodium Citrate), Colours(Beetroot Red, Annatto norbixin), Flavouring.

Contains : None of the 14 Food Allergens

Pudding: Halal/ Vegan Jelly

Water, Fruit Sugar, Gelling Agents (Xanthan Gum, Locust Bean Gum, Gellan Gum), Natural Cola Flavour, Citric Acid, Sodium Citrate, Colour (Burnt Caramel), Plant Based Sweetener (stevia)

