

| Week 1 Week Begins: 15 April, 6 May, 27 May, 17 June, 19 August, 9 September and 30 September | |
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| Mon | Homemade Hummus & Carrot Wrap 🌱🌱🌱 <i>With Salad Bar Accompaniments</i> <hr/> Freshly Made Macaroni Cheese 🌱🌱🌱 Vegetable Nuggets 🌱🌱 <i>with Chips Baked Beans Salad Bowl</i> |
| Tues | Gluten Free Salmon Fish Fingers 🐟 BBQ Chicken Panini 🌱🌱🌱 Baked Bean Lasagne 🌱🌱🌱 <i>with Baby Boiled Potatoes Peas Coleslaw</i> <hr/> Mandarin Cheesecake 🌱🌱🌱 |
| Wed | Ham Sandwiches 🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Baked Asian Style Honey Chicken 🌱🌱 Baked Potato with Cheese 🌱 <i>with Noodles Sweetcorn Broccoli</i> <hr/> Surprise Sponge & Custard 🌱🌱 |
| Thur | Traditional Mince 🌱 Freshly Made Frittata 🌱🌱 Homemade Vegetarian Sausage Roll 🌱🌱🌱 <i>with Mashed Potatoes Spaghetti Hoops Carrots Salad Bowl</i> <hr/> Jelly Jewels with Fruit |
| Fri | Tuna Mayonnaise Sandwiches 🌱🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Shredded Pork in Gravy Filled Yorkie 🌱🌱🌱 4 Cheese Ravioli in Tomato Sauce 🌱🌱🌱 <i>with Roast Potatoes Vegetable Medley Salad Bowl</i> <hr/> Shortcake 🌱🌱 |

Primary School Menu Summer 2019

Menu choices may change at short notice

QMS
 We use locally grown produce where possible



Please note on the days where puddings are not allocated children can choose from the Everyday Options available.

Packed lunches for school trips are available to order

| Week 2 Week Begins: 22 April, 13 May, 3 June, 24 June, 26 August, 16 September and 7 October | |
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| Mon | Butchers Pork Sausages 🌱🌱 <hr/> Quorn Sausages 🌱🌱🌱 Freshly Made Herbie Spaghetti 🌱🌱🌱 <i>with Mashed Potatoes Baked Beans Salad Bowl</i> <hr/> Tiffin 🌱🌱🌱 |
| Tues | Ham Sandwiches 🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Creamy Chicken Korma 🌱🌱🌱 Baked Potato with Baked Beans 🌱 <i>with Rice Sweetcorn Salad Bowl</i> <hr/> Seasonal Berry Muffin 🌱🌱🌱 |
| Wed | Cheese Sandwiches 🌱🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Crispy Battered Cod Fillet 🐟🌱 Singapore Noodles 🌱🌱🌱 <i>with Chips Peas Coleslaw</i> <hr/> Banoffee Mousse Flan 🌱🌱🌱 |
| Thur | Tuna Mayonnaise Sandwiches 🌱🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Freshly Made Steak Pie 🌱🌱 Cauliflower & Broccoli Bake 🌱🌱 <i>with Boiled Potatoes Carrots Salad Bowl</i> |
| Fri | Butchers Beef Burger in a Bun 🌱 Vegetable Burger in a Bun 🌱🌱 Chicken Italiano 🌱🌱 <i>with Potato Wedges Broccoli Salad Bowl</i> <hr/> Strawberry Gateau 🌱🌱🌱 |

| APRIL | | | | | MAY | | | | | JUNE | | | | | JULY | | | | | AUGUST | | | | | SEPTEMBER | | | | | OCTOBER | | | | |
|---------|-----|-----|-----|-----|---------|-----|-----|-----|-----|------|-----|-----|-----|---------|---------|-----|-----|-----|-----|--------|-----|-----|-----|-----|-----------|-----|-----|-----|---------|---------|-----|-----|-----|-----|
| Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri | Mon | Tue | Wed | Thu | Fri |
| HOLIDAY | | | | | 1 | 2 | 3 | | | 1 | 2 | 3 | 4 | 5 | HOLIDAY | | | | | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | HOLIDAY | | | | | |
| HOLIDAY | | | | | HOLIDAY | 9 | 10 | 11 | 4 | 5 | 6 | 7 | 8 | HOLIDAY | | | | | 9 | 10 | 11 | 12 | 13 | 7 | 8 | 9 | 10 | 11 | HOLIDAY | | | | | |
| 15 | 16 | 17 | 18 | HOL | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | HOLIDAY | | | | | HOL | 20 | 21 | 22 | 23 | HOL | 24 | 25 | 26 | 27 | HOLIDAY | | | | |
| 22 | 23 | 24 | 25 | 26 | 20 | 21 | 22 | 23 | 24 | 17 | 18 | 19 | 20 | 21 | HOLIDAY | | | | | 26 | 27 | 28 | 29 | 30 | 30 | | | | | 28 | 29 | 30 | | |
| 29 | 30 | | | | 27 | 28 | 29 | 30 | 31 | 24 | 25 | 26 | 27 | 28 | HOLIDAY | | | | | | | | | | | | | | | | | | | |

| Week 3 Week Begins: 29 April, 20 May, 10 June, 1 July, 2 September and 23 September | |
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| Mon | Ham Sandwiches 🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Freshly Prepared Bolognese Sauce Cheese & Tomato Quiche 🌱🌱🌱 <i>with Spaghetti Green Beans Salad Bowl</i> <hr/> Coco Sponge & Custard 🌱🌱🌱 |
| Tues | Oriental Chicken on Flatbread 🌱🌱🌱 Gluten Free Bubble Bubble Fish Fillet 🐟 Vegetarian Shepherd's Pie 🌱🌱🌱 <i>with Herbie Diced Potatoes Mixed Vegetables Coleslaw</i> <hr/> Fresh Fruit Salad |
| Wed | Cheese Sandwiches 🌱🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Organic Pork Meatballs in Gravy 🌱 Falafel in Tomato Sauce 🌱 <i>with Mashed Potatoes Broccoli Salad Bowl</i> <hr/> Lentil Soup 🌱 |
| Thur | Freshly Made Chicken Pie 🌱🌱 Chinese Pork Wraps 🌱 Homemade Cheesy Oat Burger 🌱🌱🌱 <i>with Potato Croquettes Carrots Salad Bowl</i> |
| Fri | Tuna Mayonnaise Sandwiches 🌱🌱🌱 <i>with Salad Bar Accompaniments</i> <hr/> Stuffed Crust Cheese & Tomato Pizza 🌱🌱🌱 Homemade Beef Curry 🌱🌱 <i>with Rice Sweetcorn Salad Bowl</i> <hr/> Fruit Sorbet |

Every day:

- Free Bread** (Image of a loaf of bread)
- Salad Bowl** (Image of a green salad)

***Options:**

- Yoghurt & Fresh Fruit** (Image of an apple)
- Glass of Milk or Water** (Image of a glass of milk)
- Cheese & Biscuits** (Image of a biscuit)

**Alternatives to puddings*

14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced 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.
- 2) 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.
- 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.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/allergy-alerts or follow #AllergyAlert on Twitter & Facebook
 Let's keep connected at food.gov.uk/facebook
 Join our conversation @foodgovWatch on food.gov.uk/youtube