

WEEK ONE

20th - 24th April

18th - 22nd May

22nd - 26th June

# ALLERGY INFORMATION

## MONDAY

Braised Chicken with Tomatoes and Pesto

**Allergy Information:**  
Pesto contains dairy.

Children who are dairy free will not have pesto.

Salmon and Leek Pasta with Garlic Bread

**Allergy Information:**  
This dish contains gluten and dairy.

Children with allergies will have a gluten and dairy free option.

## TUESDAY

Beef Taco with a Spicy Tomato Relish

**Allergy Information:**  
This dish is free from allergies.

Coconut Chicken and Peppers with Rice and Naan Bread

**Allergy Information:**  
Contains dairy. A dairy free alternative will be served.

## WEDNESDAY

Jacket Potato with a Selection of Fillings

**Allergy Information:**  
Jacket Potatoes are gluten and dairy free.

There is always a filling which is gluten and dairy free too.

Chicken Burger with Peas and Wedges

**Allergy Information:**  
Burgers contain gluten.

Children who are gluten free will have gluten free chicken.

## THURSDAY

Roast Chicken with Sage & Onion Stuffing and Roast Gravy

**Allergy Information:**  
The stuffing contains gluten and egg.

Beef Lasagne with a Mixed Leaf Salad

**Allergy Information:**  
Lasagne sheets contain gluten.

Gluten and dairy free children will have mince only.

## FRIDAY

Breaded Haddock with Lemon and Tartare Sauce / Fish Fingers

**Allergy Information:**  
There is no dairy or egg in the breaded haddock.

There is a gluten free version of the breaded fish fingers.

Jacket Potato, Spaghetti Hoops & Cheese

**Allergy Information:**  
Spaghetti hoops contain gluten.

Gluten free children will be offered baked beans.

MAIN  
EVENT



TEA

WEEK TWO  
27th April - 1st May  
1st - 5th June  
29th June - 3rd July

# ALLERGY INFORMATION

## MONDAY

Seared Sausages with Onion Gravy

**Allergy Information:**  
Sausages contain gluten.

Children who are gluten free will have gluten free sausages.

## TUESDAY

Chicken Korma

**Allergy Information:**  
Contains dairy.

A dairy free version will be offered.

## WEDNESDAY

Jacket Potato with a Selection of Fillings

**Allergy Information:**  
Jacket Potatoes are gluten and dairy free.

There is always a filling which is gluten and dairy free too.

## THURSDAY

Roast Gammon with Roast Gravy

**Allergy Information:**  
This dish is free from allergies.

## FRIDAY

Breaded Scampi with Lemon and Tartare Sauce / Fish Fingers

**Allergy Information:**  
Scampi contains gluten.

Gluten free scampi and fish fingers will be offered.

MAIN  
EVENT



TEA

Beef Chilli and Rice

**Allergy Information:**  
This dish is free from allergies.

Braised Meatballs with Dough Balls

**Allergy Information:**  
Meatballs contain gluten. A gluten free option will be served.

Dough balls contain egg and dairy. A 'free from' garlic bread will be served.

Sausage Roll with Potato Wedges

**Allergy Information:**  
Sausage roll contains gluten.

Gluten free sausage rolls will be served.

Glazed Chicken with Tomato Sauce

**Allergy Information:**  
Contains dairy.

A dairy free alternative will be served with dairy free cheese.

Pepperoni or Cheese and Tomato Pizza

**Allergy Information:**  
Pizza contains gluten.

A gluten free pizza base will be served.

WEEK THREE

4th - 8th May

8th - 12th June

6th - 7th July

# ALLERGY INFORMATION

## MONDAY

Spaghetti Bolognese

**Allergy Information:**

Spaghetti contains gluten.

Children who are gluten free will have gluten free spaghetti.

## TUESDAY

Lemon and Pesto Chicken

**Allergy Information:**

Lemon and Pesto sauce contains dairy.

Children who are dairy free will have a separate sauce.

## WEDNESDAY

Jacket Potato with a Selection of Fillings

**Allergy Information:**

Jacket Potatoes are gluten and dairy free.

There is always a filling which is gluten and dairy free too.

## THURSDAY

Roast Loin of Pork with Apple Sauce and Gravy

**Allergy Information:**

This dish is gluten and dairy free.

## FRIDAY

Battered Cod / Fish Fingers

**Allergy Information:**

Both contain gluten.

Children who are gluten free will be served gluten free fish fingers.

MAIN  
EVENT



TEA

Jacket Potato with cheese and beans.

**Allergy Information:**

Children who are dairy free will be served dairy free cheese.

Beef Burrito with Rice and Tomato Salsa.

**Allergy Information:**

Tortilla wraps contain gluten.

Children who are gluten free will be served taco shells.

Chicken Nuggets with Potato Wedges.

**Allergy Information:**

Chicken nuggets contain gluten.

Children who are gluten free will have gluten free nuggets.

Macaroni Cheese with Leeks and Peas.

**Allergy Information:**

The pasta bake contains dairy and gluten.

Sauce made with gluten free pasta and oat milk will be served.

Thai Green Chicken Curry with Rice and Poppadom.

**Allergy Information:**

Curry contains dairy.

Children who are dairy free will have an alternative sauce.

WEEK FOUR  
11th - 15th May  
15th - 19th June

# ALLERGY INFORMATION

## MONDAY

Chicken and Chorizo Pie

**Allergy Information:**  
Pastry topping contains gluten.

Gluten free pastry will be served.

## TUESDAY

Meatballs with Tomato Sauce

**Allergy Information:**  
Meatballs contain gluten.

Children who are gluten free will have gluten free meatballs.

## WEDNESDAY

Jacket Potato with a Selection of Fillings

**Allergy Information:**  
Jacket Potatoes are gluten and dairy free.

There is always a filling which is gluten and dairy free too.

## THURSDAY

Roast Gammon and Gravy

**Allergy Information:**  
This dish is gluten and dairy free.

## FRIDAY

Seafood Cottage Pie / Fish Fingers

**Allergy Information:**  
Both contain dairy.

Dairy free children will have an alternative sauce. Gluten free fish fingers will be served.

MAIN  
EVENT



TEA

Ham and Mushroom Carbonara.

**Allergy Information:**  
Contains gluten and dairy.

Gluten free pasta and vegan cream will be used for those who are gluten and dairy free.

BBQ Chicken & Bacon with Cheese.

**Allergy Information:**  
Contains dairy.

Those who are dairy free will be offered a dairy free cheese.

Beef Burger with Potato Wedges.

**Allergy Information:**  
Burger contains gluten.

Children who are gluten free will have a gluten free burger and bun.

Butter Chicken with Rice and Poppadom.

**Allergy Information:**  
This dish is free from allergies.

Chinese Beef with Egg Noodles.

**Allergy Information:**  
Contains gluten.

Children who are gluten free will have a gluten free alternative.