

## SCHOOL MENU JANUARY 2024

Week Three Menu	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
<b>First Option</b>	Homemade Burger in a Roll with slice of Cheese	G D SU	Chilli with rice	G SU	Roast Pork with Stuffing	G	Chicken in pitta bread	G MU	Breaded Fish	G MU
<b>Vegetarian Option</b>	Vegetable Burger in a roll with slice of cheese	G D	Quorn chilli with rice	E	Macaroni cheese	G D MU	Falafel in pitta bread	G	Vegetarian sausage	G MU
<b>Second Option</b>	Cheese and tomato whirl	G D	Chicken salad pasta bowl	G E	chicken rissole	G E	Quiche	G D E	Chicken Enchiladas	G D
<b>Side Dish</b>	Hash Browns or New Potatoes		Naan bread	G	Roast or New Potatoes		Potato wedges or new potatoes	G	Chips	
<b>Vegetables</b>	Peas or sweetcorn		Mixed Vegetables		Selection of Vegetables		Peas or sweetcorn		Peas, Baked Beans and Salad	
<b>Other Option</b>	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F
<b>Or</b>	Cheese or ham baguette	D G	Cheese or ham roll	G D	Cheese or ham sandwich	G D	Cheese or ham Bagutte	G D	Cheese or Ham sandwich	G D
	Salad	C	Salad	C	Salad	C	Salad	C	Salad	C
	Bread	G	Bread	G	Bread	G	Bread	G	Bread	G
<b>Dessert</b>	Summer fruit yoghurt crunch	D G	Fruit flapjack	G	Victoria sponge	G E	Banana muffin	G E	Chocolate Biscuit	G D E
<b>Or</b>	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D

**This menu will be repeated Jan 22nd, March 4th, 25th, April 29th, May 20th, June 17th, July 8th**

**IF YOU FEEL YOUR CHILD WILL REQUIRE A MID-MORNING SNACK PLEASE COULD YOU SEND IN A "HEALTHY" OPTION FOR THEM**

ALERGEN CODES	G = GLUTEN D = DAIRY	S = SESAME L = LUPIN	SB = SOYA BEANS Cr = CRUSTACEAN	E = EGG F = FISH	Mo = MOLLUSCS Su = SULPHITES	N = NUTS P = PEANUTS	C = CELERY Mu = MUSTARD
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