



**ENJOYING FOOD,
ENJOYING LEARNING,
ENJOYING LIFE!
THE GOOD FOOD KITCHEN**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02/10/2017	03/10/2017	04/10/2017	05/10/2017	06/10/2017
Cheese & Tomato Pasta Bake (1,2,7)	Sausage Roll (2,4,7,14)	Roast Turkey, Stuffing & Yorkshire Pudding (2,4,7)	Beef & Potato Curry (1,7,9)	Fish Fingers (2,5,7,9)
OR	OR	OR	OR	OR
Plain Pasta with Cheese/Tuna (2,5,7)	Vegetarian Sausage Roll (1,2,4,7)	Roasted Vegetable Roulade (1,2,7)	Lentil Dahl (7)	Beany Stuffed Pittas (2,7,12,13)
Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a Choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans	Jacket Potato with a Choice of Fillings Jacket Potato Fillings: Cheese(7), Tuna(4), Beans
Seasonal Vegetables	Seasonal Vegetables	Gravy (1,2,7,14) Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Garlic Bread (2,7)	New Potatoes (7)	Roasted(13) & Boiled Potatoes (7)	Rice & Naan Bread (1,2,7,12,13)	Chips (13)
Oat Cookie (2,7)	Lemon Drizzle Cake (2,4,7)	Scones with Jam & Cream (2,4,7)	Chocolate Sponge & Chocolate Sauce (2,4,7)	Sultana & Apple Muffin
OR	OR	OR	OR	OR
Yoghurts(7) or Fresh Fruit	Cheese(7) & Biscuits(2) or Fresh Fruit	Yoghurts(7) or Fresh Fruit	Cheese(7) & Biscuits(2) or Fresh Fruit	Yoghurts(7) or Fresh Fruit

Allergen Information

Fourteen major allergens are identified. For school purposes each menu choice will have numbers from 1-14 alongside. Please note that some menu choices will have more than 1 number. The list below identifies which number corresponds to which allergen. Not all allergies are included in the new legislation but be assured that we will continue to take each individual child's needs into account.

1: Celery (and celeriac).	8: Molluscs for example clams, mussels, whelks, oysters, snails and squid.
2: Cereals containing gluten.	9: Mustard.
3: Crustaceans for example, Prawns, crabs lobster and crayfish.	10: Nuts , such as almonds hazelnuts, walnuts, Pecan nuts, Brazil nuts, Pistachio, Cashew and Macadamia (Queensland) nuts.
4: Eggs.	11: Peanuts.
5: Fish.	12: Sesame.
6: Lupin.	13: Soybeans
7: Milk.	14: Sulphur Dioxide which is a preservative found in some dried fruit.