



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/10/2017	10/10/2017	11/10/2017	12/10/2017	13/10/2017
Pasta Carbonara (2,7,14)	Pulled Pork Stuffed Ciabatta with Cheese & Sour Cream (2,7,9,13)	Roast Beef & Yorkshire Pudding (2,4,7)	Chicken Pie (1,2,4,7,14)	Sausage (2,5,7,9)
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
Plain Pasta with Cheese/Tuna (2,5,7)	Vegetable Chilli Tortilla Cup (1,2,7)	Cauliflower Cheese (2,7)	Roasted Vegetable Tart (2,4,7)	Vegetarian Sausage (2,7)
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
Crusty Bread (2)	Potato Wedges (2)	Roasted(13) & Boiled Potatoes (7)	New Potatoes (7)	Chips (13)
Date Pudding with Toffee Glaze (2,4,7,14)	White Chocolate & Cranberry Cake (2,4,7,14)	Black Forest Gateau (2,4,7)	Oat Cookie (2,7)	Sultana & Apple Muffin (2,4,7,14)
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
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: <b>Celery (and celeriac).</b>	8: <b>Molluscs</b> for example clams, mussels, whelks, oysters, snails and squid.
2: <b>Cereals containing gluten.</b>	9: <b>Mustard.</b>
3: <b>Crustaceans</b> for example, Prawns, crabs lobster and crayfish.	10: <b>Nuts</b> , such as almonds hazelnuts, walnuts, Pecan nuts, Brazil nuts, Pistachio, Cashew and Macadamia (Queensland) nuts.
4: <b>Eggs.</b>	11: <b>Peanuts.</b>
5: <b>Fish.</b>	12: <b>Sesame.</b>
6: <b>Lupin.</b>	13: <b>Soybeans</b>
7: <b>Milk.</b>	14: <b>Sulphur Dioxide</b> which is a preservative found in some dried fruit.