



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06/11/2017	07/11/2017	08/11/2017	09/11/2017	10/11/2017
Macaroni Cheese (2,7,9)	Lamb Curry (7,9)	Roast Pork, Stuffing & Yorkshire Pudding (2,4,7)	Steak & Potato Pasty (1,2,4,7,14)	Sausage & Chips (2,6,7,14)
OR	OR	OR	OR	OR
Plain Pasta with Cheese/Tuna (2,5,7)	Thai Style Cauliflower & potato Curry (1,7,9)	Cheese & Onion Oat Pie (1,2,4,7)	Cheese & Onion Pasty (1,2,4,7)	Glamorgan Sausage & Chips (1,2,4,6,7,9)
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)	Rice & Naan Bread (2,4,9)	Roasted(13) & Boiled Potatoes (7)	New Potatoes (7)	Pot of Beans and Ketchup Portion
Pineapple Upside Down Cake & Custard (2,4,7)	White Chocolate & Tropical Juice Cake (2,4,7)	Jam Tart (2,7)	Raisin Cookie (2,4,7,14)	Chocolate Cake (2,4,7)
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.