



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/11/2017	21/11/2017	22/11/2017	23/11/2017	24/11/2017
	Pasta Bake	Roast Pork, Stuffing & Yorkshire Pudding (2,4,7)	Creamy Chicken (1,2,7,14)	Breaded Fish (2,5,7,9)
OR	OR	OR	OR	OR
	Plain Pasta with Cheese/Tuna (2,5,7)	Mushroom Wellington & Yorkshire Pudding (1,2,4,7)	Chickpea Curry (1,7,9)	Spanish Omelette (2,4,7)
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
	Garlic Bread (2,7)	Roasted(13) & Boiled Potatoes (7)	Rice & Naan Bread (1,2,4,7,9)	Chips (13)
	Flapjack (2,7)	Iced Chocolate Cake (2,4,7)	Coconut Sponge (2,4,7)	Choc Ice (7,13)
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: <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.