



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27/11/2017	28/11/2017	29/11/2017	30/11/2017	01/12/2017
Macaroni Cheese (2,7)	BBQ Pork Ribs (2,9,13)	Roast Beef & Yorkshire Pudding (2,4,7)	Chicken En Crouete (2,7)	Cheese & Tomato Pizza (1,2,7)
OR	OR	OR	OR	OR
Plain Pasta with Cheese/Tuna (2,5,7)	BBQ Vegetable Skewers (2,9,13)	Stuffed Mushroom & Yorkshire Pudding (1,2,7)	French Onion Tart (1,2,7,14)	
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	Roasted(13) & Boiled Potatoes (7)	Buttered New Potatoes (7)	Chips (13)
Chocolate Chip Cookie (2,7)	Jam Roly Poly & Custard (2,4,7)	Carrot Cake (2,4,7)	Mandarin 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: 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.