



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/01/2018	09/01/2018	10/01/2018	11/01/2018	12/01/2018
Cheese & Tomato Pasta Bake (1,2,7)	Smoked Haddock Fishcake (2,4,5,7)	Roast Pork, Stuffing & Yorkshire Pudding (2,4,7)	Steak Pie (1,2,4,7,14)	Cheese & Tomato Pizza (1,2,7)
OR	OR	OR	OR	OR
Plain Pasta with Cheese/Tuna (2,5,7)	Sweet Potato Cakes with Mango Salsa (1,2,4,7)	Lentil Loaf (1,2,4,7)	Creamy Vegetable Pie (1,2,4,7)	
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)	Crusty Bread (2)	Roasted(13) & Boiled Potatoes (7)	New Potatoes (7)	Chips (13)
Melting Moment (2,7)	Jelly	Ice Cream Tub (2,7)	Sultana Sponge & Custard (2,4,7)	Chocolate Brownie (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: <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.