



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29/01/2018	30/01/2018	31/01/2018	01/02/2018	02/02/2018
Cooked Breakfast (2,4,7,14)	Fish Pie (1,2,4,5,7)	Roast Turkey, Stuffing & Yorkshire Pudding (2,4,7)	Chicken Skewers (2,7,13)	Cheese Burger (2,7,12)
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
Vegetarian Cooked Breakfast (1,2,4,7)	Cheese & Onion Pie (1,2,4,7)	Layered Potato Cake (1,2,4,7)	Vegetable Skewers (2,7,13)	Vegetarian Cheese Burger (1,2,4,7,12)
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)	Roasted(13) & Boiled Potatoes (7)	Savoury Rice (1,7)	Chips (13)
Mini Croissant with Butter & Jam (2,4,7)	Toffee Tart (2,7)	Rice Crispy Cake (2,7)	Date & Banana Muffins (2,4,7,14)	Ice Lolly
<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.