

ALLERGEN AWARE MENUS - FIRSIDE JUNIOR



NON DAIRY



NON EGG



NON SOYA



Acceptable Jacket Potato Fillings:

1. Dairy-Free Cheese
2. Baked Beans
3. Dairy-Free Cheese and Baked Beans



Acceptable Desserts:

1. Iced Fruit Smoothie
2. Flapjack/Oaty Bar
3. Shortbread
4. Jelly
5. Fresh Fruit
6. AA Cakes and Muffins



Acceptable Accompaniments:

1. Pasta
2. Steamed Rice
3. Tortilla Wrap



Non-Fish School

Week One

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| <p>Margherita DF Pizza (v) with Potato Wedges</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Sweetcorn</p> <p>Homemade Cupcake</p> | <p>Pork and Carrot Meatballs in Tomato Sauce with Pasta</p> <p>Italian Bean Bake (v) with DF Cheese</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Mixed Vegetables</p> <p>Fresh Fruit Selection</p> | <p>Roast Chicken with Roast Potatoes and Gravy</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Peas and Carrots</p> <p>Homemade Berry Muffin</p> | <p>Sticky Chicken with Savoury Rice</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Mixed Salad</p> <p>Iced Fruit Smoothie</p> | <p>Chipolata Sausages or Garden Vegetable Goujons (v) with Chips</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Peas or Beans</p> <p>Zesty Lemon Shortbread with Orange Wedges</p> |

Week One: 17 Apr | 8 May | 5 Jun | 26 June | 17 Jul | 18 Sept | 9 Oct

Week Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>Margherita DF Pizza (v) with Tomato Pasta Salad</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Vegetable Sticks</p> <p>Iced Fruit Smoothie</p> | <p>Pasta Bolognese</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Peas and Sweetcorn</p> <p>Homemade Cupcake</p> | <p>Chipolata Sausages or Vegetarian Sausage (v) with Mashed Potatoes and Gravy</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Mixed Vegetables</p> <p>Fresh Fruit Selection</p> | <p>Chicken or Quorn Fajita Wrap (v) with Savoury Rice</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Mixed Salad</p> <p>Homemade Shortbread</p> | <p>Chicken Breast or Garden Vegetable Goujons (v) with Chips</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Peas or Beans</p> <p>Flapjack with Apple Wedges</p> |

Week Two: 24 Apr | 15 May | 12 Jun | 3 Jul | 4 Sept | 25 Sept | 16 Oct

Week Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>Margherita DF Pizza (v) with Tomato Pasta Salad</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Sweetcorn</p> <p>Homemade Cupcake</p> | <p>Pork Sausage or Vegetarian Sausage (v) in a Homemade Roll with Potato Wedges</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Baked Beans</p> <p>Fresh Fruit Selection</p> | <p>Roast Chicken with Roast Potatoes and Gravy</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Carrots and Green Beans</p> <p>Homemade Shortbread</p> | <p>BBQ Chicken with Steamed Rice</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Mixed Salad</p> <p>Iced Fruit Smoothie</p> | <p>Beefburger or Garden Vegetable Goujons (v) with Chips</p> <p><i>Jacket Potato with Choice of Fillings</i></p> <p>served with Peas or Beans</p> <p>Homemade Cocoa Shortbread with a Melon Wedge</p> |

Week Three: 1 May | 22 May | 19 Jun | 10 Jul | 11 Sept | 2 Oct