

Autumn/Winter Allergen Aware Menu



Firside Junior School

Our Allergen Aware Menu is free from the 14 legal allergens and is aligned closely with our Primary School Main Menu so children who require it, can feel safe and included.



NON-DAIRY



NON-EGG



NON-GLUTEN



NON-SOYA



NON-NUTS



NON-PEANUTS



NON-SESAME SEEDS



NON-FISH



NON-CELERY



NON-MUSTARD



NON-LUPIN



NON-CRUSTACEANS



NON-SULPHUR DIOXIDE



NON-MOLLUSCS

Week One

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| Margherita Pizza with Tomato Pasta (v) <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Mixed Salad Iced Fruit Smoothie | Chicken Fillet in a Roll with Potato Wedges and Tomato Dip Or Plant Balls in Tomato Sauce with Pasta (Ve) <i>Jacket Potato with Baked Beans and/or DF Cheese</i> with Peas and Sweetcorn Cocoa Sponge with Cocoa Sauce | Roast Chicken with Roast Potatoes and Gravy <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Cabbage and Carrots Homemade Shortbread with Apple Wedges | Tex Mex Beef with Steamed Rice <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Mixed Vegetables Fresh Fruit Selection | Garden Vegetable Goujons (v) Or Plant-Powered Sausages (Ve) with Chips <i>Jacket Potato with Baked Beans and/or DF Cheese</i> with Peas or Baked Beans Homemade Cupcake |

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

Week Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Margherita Pizza with Potato Wedges (v) <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Sweetcorn Homemade Cocoa Shortbread |  All Day Breakfast Plant-Powered Sausages with Hash Browns (Ve) <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Baked Beans Fresh Fruit Selection | Roast Chicken with Mashed Potato and Gravy <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Green Beans and Carrots Fruit Jelly | Chicken in Tomato Sauce with Pasta <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Mixed Vegetables Homemade Shortbread | Garden Vegetable Goujons (v) Or Plant-Powered Sausages (Ve) with Chips <i>Jacket Potato with Baked Beans and/or DF Cheese</i> with Peas or Baked Beans Homemade Iced Cupcake |

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

Week Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| Margherita Pizza with Tomato Pasta (v) <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Mixed Salad Homemade Cocoa Cupcake | Chicken Curry with Steamed Rice <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Mixed Vegetables Iced Fruit Smoothie | Roast Beef Or Plant-Powered Sausages (Ve) with Mashed Potato and Gravy <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Peas and Carrots Fresh Fruit Selection | Pork and Carrot Meatballs in Tomato Sauce with Pasta <i>Jacket Potato with Baked Beans and/or DF Cheese</i> served with Sweetcorn Homemade Sponge with Custard | Garden Vegetable Goujons (v) Or Plant-Powered Sausages (Ve) with Chips <i>Jacket Potato with Baked Beans and/or DF Cheese</i> with Peas or Baked Beans Homemade Shortbread with Orange Wedges |

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar

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CATERING

Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens.

