



Spring/Summer Allergen Aware Menu



Heather Avenue Infant School

Our Allergen Aware Menu is free from most of the top 14 legal allergens and is closely aligned with our Primary School Main Menu.



NON-DAIRY



NON-EGG



NON-GLUTEN



NON-SOYA



NON-NUTS



NON-PEANUTS



NON-SESAME SEEDS



NON-CELERY



NON-MUSTARD



NON-LUPIN



NON-CRUSTACEANS



NON-MOLLUSCS



Week One

Monday

Margherita Pizza
with **Tomato Pasta Salad** (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Peas and
Sweetcorn

Homemade Cupcake

Tuesday

Beef Meatballs with Tomato
Sauce in a Sub Roll
with **Potato Wedges**

Or
Cheese and Tomato
Pasta Bake (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Mixed Salad

Iced Fruit Smoothie

Wednesday

Roast Chicken with Mashed
Potato and Gravy
Or
Cheese and Potato Pie
with **Gravy** (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Carrots
and Green Beans

Homemade Shortbread

Thursday

Chicken Fillet with
Mediterranean Sauce
and Steamed Rice
Or
BBQ Plant Balls with
Steamed Rice (Ve)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Mixed Vegetables

Popcorn Bar

Friday

Fish Fingers Or
Garden Vegetable Goujons (v)
with **Chips**

Jacket Potato with
DF Cheese or Tuna (no mayo)

served with Peas or Baked Beans

Homemade Muffin

Week One: 15 Apr | 6 May | 3 Jun | 24 Jun | 15 Jul | 16 Sept | 7 Oct — Fresh Fruit Available Daily

Week Two

Monday

Margherita Pizza
with **Potato Wedges** (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Sweetcorn

Homemade Cupcake

Tuesday

Chicken Fillet in a Roll with
Ketchup and Savoury Rice
Or
Plant Sausages with
Tomato Pasta (Ve)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Veg Sticks

Iced Fruit Smoothie

Wednesday

Roast Chicken or Plant
Sausages (Ve) with **Roast**
Potatoes and Gravy

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Carrots and Peas

Homemade Shortbread

Thursday

Tomato Pasta with Cheese (v)
Or
Cauliflower, Chickpea and
Potato Curry with
Steamed Rice (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Mixed Vegetables

Fruit Jelly

Friday

Fish Fingers Or
Garden Vegetable Goujons (v)
with **Chips**

Jacket Potato with
DF Cheese or Tuna (no mayo)

served with Peas or Baked Beans

Homemade Cupcake

Week Two: 22 Apr | 13 May | 10 Jun | 1 Jul | 2 Sept | 23 Sept | 14 Oct — Fresh Fruit Available Daily

Week Three

Monday

Margherita Pizza
with **Potato Wedges** (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Veg Sticks

Iced Fruit Smoothie

Tuesday

Beef Bolognese with Pasta
Or
Loaded Tomato and
Bean Bake (Ve)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Broccoli

Homemade Shortbread

Wednesday

Pork Sausages Or Plant-
Powered Sausages (Ve) with
Mashed Potato and Gravy

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Mixed Vegetables

Homemade Cake

Thursday

BBQ Chicken Fillet with
Savoury Rice
Or
Cheese and Tomato
Pasta Bake (v)

Jacket Potato with Beans,
DF Cheese or Tuna (no mayo)

served with Sweetcorn

Homemade Shortbread

Friday

Fish Fingers Or Garden
Vegetable Goujons (v)
with **Chips**

Jacket Potato with
DF Cheese or Tuna (no mayo)

served with Peas or Baked Beans

Homemade Iced Sprinkle Cake

Week Three: 29 Apr | 20 May | 17 Jun | 8 Jul | 9 Sept | 30 Sept | 21 Oct — Fresh Fruit Available Daily

norse
CATERING

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