



Lunch Menu

Fresh fruit, crusty bread and yogurts available daily

ALLERGENS

PLEASE REFER TO THE ALLERGEN NUMBERS ON THE MENU THE 14 ALLERGENS CAN BE FOUND ON THE SCHOOL WEBSITE IF YOUR CHILD HAS A SEVERE ALLERGY PLEASE SPEAK TO THE CATERING MANAGER ABOUT THEIR DIETARY REQUIREMENTS ALTHOUGH EVERY EFFORT IS TAKEN TO AVOID CROSS CONTAMINATION WE CANNOT GUARENTEE THAT ALL OF OUR HOMEMADE PRODUCTS ARE 100% GLUTEN FREE AND NUT FREE AS WE DO PREPARE OTHER SUCH FOOD ITEMS IN THE SAME KITCHEN



	MF Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
WEEK 1	MFM Tomato & Basil, garlic bread, carrots & cucumber sticks	2, 7, 13	Chicken burger, corn on the cob & salad	2, 7	Chicken fillet served with veg gravy, roast potatoes, Yorkshire, stuffing and vegetables	2, 4, 7	BBQ chicken pizza, chips & salad/sweetcorn	2, 7	Fish fillet, seasoned potato cubes & peas or beans	2, 5
	MFM Vegetable pasty, small roasted potatoes & peas with gravy	2, 7	Veggie Quorn Chilli Jacket Potato, corn on the cob		Quorn loaf roast served with veg gravy, roast potatoes and vegetables	2, 4, 7	Quorn hot dog, chips, salad or sweetcorn	2, 4	Vegetable curry, Bombay potatoes & peas	7
	Jacket potato with cheese & salad	7	Jacket potato with tuna mayo & salad	4, 5	Jacket potato with cheese & salad	7	Jacket potato with chicken mayo	4	Jacket Potato with Cheese & Baked Beans	7

	MF Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
WEEK 2	MFM Mac N cheese, Garlic bread & Broccoli	2, 7, 13	Shepherds pie, mash, green beans & gravy		Roast chicken served with veg gravy, roast potatoes, Yorkshire, stuffing and vegetables	2, 4, 7	Chicken wraps, corn on the cob & hash brown	1, 2, 13	Fishcake, chips, beans or peas	2, 5, 9
	MFM Veggie burger, mini waffles & beans	2	Quorn sausage casserole, mash potato & green beans	2	Broccoli, Cauliflower & Cheese Bake with roast potatoes	2, 7	Quorn vegan beef stir fry, noodles & spring roll	2, 4, 13	Margherita Pizza & Fries, beans or peas	2, 7
ALLERGEN KEY	Jacket Potato with beans and salad		Jacket Potato with cheese and salad	7	Jacket Potato with cheese and salad	7	Chicken mayo jacket with corn on the cob	4	Jacket potato with cheese and beans	7
	1 = Celery and Celeriac e.g. stalks, seeds and leaves 2 = Cereals containing Gluten e.g. wheat, rye, barley, oats		3 = Crustaceans 4 = Eggs 5 = Fish		6 = Lupin Seeds and Flour 7 = Milk 8 = Molluscs 9 = Mustard		10 = Other Nuts e.g. walnuts, cashews, pecan, Brazil, pistachio, 11 = Peanuts		12 = Sesame Seeds 13 = Soya 14 = Sulphur Dioxide and Sulphites	





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WEEK 3	Veg Cannelloni, garlic bread & sweetcorn	2 4 7	Beef meatballs, pasta, garlic bread & broccoli	2 7 13	Chicken fillet served with veg gravy, roast potatoes, Yorkshire, stuffing and vegetables	2 4 7	Chicken stir fry with soy sauce, rice & spring roll	2 13	Fish fingers, wedges, beans or peas	2 5
	Vegetarian all day breakfast including Quorn sausage, omelette, hash brown & beans	2 4 7	Tomato & vegetable pasta with sauce, garlic bread with broccoli	2 7 13	Quorn Cottage pie, green beans & vegetarian gravy	2 4	Cheese & Onion pasty, seasoned cubes & peas	2 7	Vegetable fingers, Potato wedges, Peas or beans	2
	Jacket Potato With Cheese & Salad	7	Jacket Potato with Tuna Mayo & Salad	4 5	Jacket potato with cheese	7	Jacket Potato with BBQ Chicken & salad		Jacket potato with cheese and beans	7
	MF Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
WEEK 4	MFM Mediterranean lasagna, garlic bread with salad	2 4 7 13	Sausages, chips, beans or peas	2 14	Chicken & veg pie, roast potatoes & broccoli	2 7	All day breakfast brunch includes, sausage, beans, omelette & hash brown	2 4	Fish fillet, seasoned potato cubes & peas or beans	2 5
	MFM Veggie nuggets, seasoned cubes & salad	2	Quorn vegan strips, chips, beans or peas	2	Quorn Loaf, Roast Potatoes, Vegetables.	2 4 7	Glamorgan sausages, mash and vegetable gravy	2 7 9	Quorn wrap, seasoned potato cubes, beans or peas	2
ALLERGEN KEY	Jacket potato with beans & salad		Jacket Potato with Tuna Mayo & Salad	4 5	Jacket potato with cheese, carrots & cucumber	7	Jacket potato with beans		Jacket potato with cheese and beans	7
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