



Ferndale Community Primary School

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	TD Day		Pork sausage casserole, mash potato, & veg	2 14	Roast chicken served with veg gravy, roast potatoes, Yorkshire, stuffing and vegetables	2 4 7	Shepherds pasty (lamb) herby diced potatoes & salad	2 7	Fish and Chips, Peas or Beans	2 5 9
	TD Day		Tomato and mascarpone Pasta Sauce	2 7 13	Quorn loaf roast served with veg gravy, roast potatoes and vegetables	2 4 7	Quorn Nuggets, herby diced potatoes & salad	2	Veggie Fingers and Chips, beans and peas	2
	TD Day		Jacket Potato with beans and salad		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 Tomato and Basil Pasta with Garlic Bread	2 7 13	Meatball sub in a Tomato and BBQ sauce, sweetcorn and corn chips	2	Beef & Sweet Potato Curry (mild sauce) Rice & Naan Bread.	2 7	Beef Pasta Bolognese, Garlic Bread and Salad	2 7	Fishcake, chips, beans or peas	2 5 9
	MFM Veggie burger, potato salad, corn on the cobb	2 4 12	Tomato and cheese Quiche, Sweet potato wedges with coleslaw on the side	2 4 7	Quorn loaf roast served with veg gravy, roast potatoes and vegetables	2 4 7	Vegan Beef Casserole, Mash Potatoes and Peas	2	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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	MF Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
WEEK 3	Glamorgan Sausages, Potato Cubes, Peas and Sweetcorn	2 7 9	Chicken Curry, Rice and Naan Bread with carrots & cucumber sticks	2 7	Roast chicken served with veg gravy, roast potatoes, Yorkshire, stuffing and vegetables	2 4 7	Tuna mayo pasta with garlic bread & salad	2 4 5 7 13	Fish fingers wrap, chips, beans or peas	2 5
	Vegetable and cheese bake, potato cubes, peas and sweetcorn	2 7	Sweet Potato & Chickpea Curry, Naan bread with carrot & cucumber sticks	2 7	Yorkshire pudding with vegetables and new potatoes inside with gravy	2 4 7	Cheese & Tomato Panini with coleslaw and salad	1 4 7	Quorn Vegan Fishless Finger, chips, beans or peas	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 Four cheese Ravioli in a white sauce with garlic bread and salad	2 4 7 13	Chicken and Chorizo Paella, cucumber and carrot sticks	7	Mid day breakfast (pork sausage & egg) served with hash browns & beans	2 4 14	Pepperoni pizza, potato cubes & salad	2 7	Southern Fish fillet strips, wedges & peas or beans	2 5
	MFM Falafel on pitta bread, Salad & Tzatziki sauce or mint yoghurt	1 7 13	Vegetarian Brunch Burger in a Bap, Coleslaw and Salad	2 4 12	Pasta with tomato & basil sauce served with Garlic Bread and broccoli	2 7 9 13	Quorn Chicken Pieces Curry, rice and naan bread	2 4 7	Veggie Sausage Roll, Wedges and Peas or beans	2

ALLERGEN KEY	Jacket potato with cheese, carrots and cucumber sticks	7	Jacket Potato with Tuna Mayo & Salad	4 5	Jacket potato with beans & salad		Jacket Potato With Cheese & Salad	7	Jacket potato with cheese and beans	7
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