

Autumn/Winter Allergen Aware Menu



John Grant Primary 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 <i>Jacket Potato with Baked Beans and/or DF Cheese</i> with Peas Cocoa Sponge and 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 (No Sweetcorn) Fresh Fruit Selection	Garden Vegetable Goujons (v) (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 Peas 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 (No Sweetcorn) Homemade Shortbread	Garden Vegetable Goujons (v) 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 (No Sweetcorn) Iced Fruit Smoothie	Roast Beef 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 Baked Beans Homemade Sponge with Custard	Garden Vegetable Goujons (v) 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

