

		Cereals (wheat, rye, barley, oats, spelt, kamut & hybridised strains)	Crustaceans (lobster, crab, prawns & langoustine)	Eggs	Fish	Peas/beans	Milk	Nuts Almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, (except hazelnut)	Mustard	Sesame seeds	Sulphur dioxide & sulphites @ 10mg/kg or 10mg/litre as SO ₂	Lupin	Molluscs
Daily Menu - Monday wk 1													
First Schools	Pasta Bolognese with two vegetables	✓											
	Vegetarian Bolognese (Quorn)	✓											
	Crackers and cheese	✓	✓				✓				✓		
Daily Menu - Tuesday wk 1													
First Schools	Sausage, mashed potato & baked beans	✓				✓				✓		✓	
	Quorn sausage, mashed potato & baked beans	✓											
	Angel Delight	✓					✓						
Daily Menu - Wednesday wk 1													
First Schools	Roast chicken or pork, roast potatoes, Yorkshire pudding and two vegetables	✓		✓			✓						
	Vegetable sausage, roast potatoes, Yorkshire pudding and two vegetables	✓								✓			
	Fruit yogurt						✓						
Daily Menu - Thursday wk 1													
First Schools	Lasagne, garlic bread & salad	✓					✓		✓				
	Vegetarian lasagne, garlic bread & salad	✓											
	A variety of fruit cake (containing at least 50% fruit)	✓		✓									
Daily Menu - Friday wk 1													
First Schools	Jumbo fish finger, chips & 2 veg	✓			✓		✓			✓			
	Vegetarian omelette, chips & 2 veg	✓					✓						
	Fruit crumble and custard	✓					✓						
Available daily													
	Jacket potato with cheese & baked beans or tuna mayo			✓	✓		✓			✓			
		<i>Can only be chosen once a week</i>											
Daily Menu - Monday wk 2													
First Schools	Beef burger, mashed potato, beans & 1 veg	✓					✓		✓		✓		
	Vegetable burger, mashed potato, beans & 1 veg	✓					✓						
	Fruit yogurt						✓						
Daily Menu - Tuesday wk 2													
First Schools	Pork meatballs in tomato sauce with pasta	✓					✓						
	Vegetarian Quorn Chilli with pasta	✓		✓						✓		✓	
	Milkshake & cookie	✓					✓						
Daily Menu - Wednesday wk 2													
First Schools	Pepperoni or Ham Pizza, salad & wedge potatoes	✓					✓						
	Cheese & Tomato Pizza, salad & wedge potatoes	✓					✓						
	Fruit Yogurt						✓						
Daily Menu - Thursday wk 2													
First Schools	Roast meat (beef, turkey or gammon) yorkshire pudding, roast potatoes and	✓		✓			✓						
	Vegetarian sausage, yorkshire pudding, roast potatoes and veg	✓											
	Angel Delight	✓					✓						
Daily Menu - Friday wk 2													
First Schools	White fish or salmon fishcakes, new potatoes & veg	✓			✓		✓			✓			
	Quorn Burger, new potatoes & veg	✓					✓						
	Fruit salad and cream						✓						
Available daily													
	Jacket potato with cheese & baked beans or tuna mayo			✓			✓						
		<i>Can only be chosen once a week</i>											