

# PRIMARY NUT FREE MENU

## WEEK 1

## WEEK 2

## WEEK 3

<p><b>MONDAY</b>            Broccoli &amp; Macaroni Cheese            or Cod &amp; Salmon Fish Fingers            Herby Diced Potatoes            Baked Beans, Sweetcorn, Garden Peas &amp; Salad            Berry Cupcake</p>	<p><b>MONDAY</b>            Chinese Style Salmon            or Loaded Vegetable Pizza            Sauté Potatoes or Vegetable Rice            Sweetcorn, Stir-Fry Vegetables, Coleslaw &amp; Salad            Tutti Fruitti Flapjacks</p>	<p><b>MONDAY</b>            Lemon Sole            or Tomato &amp; Mushroom Pasta            Jacket Potato or Savoury Pasta            Mixed Vegetables, Sweetcorn, Broccoli &amp; Salad            Toffee Apple Brownie</p>
<p><b>TUESDAY</b>            Lasagne / Bolognese Bake            or Tuna Melt            Savoury Pasta or Jacket Potato            Country Vegetables, Broccoli, Coleslaw &amp; Salad            Raspberry &amp; Peach Swirl Sponge &amp; Custard</p>	<p><b>TUESDAY</b>            Fish Fillet            or Ranch Pie            Herby Diced Potatoes            Country Vegetables, Sweetcorn, Garden Peas &amp; Salad            Tropical Rice Pudding or Arctic Roll &amp; Fruit</p>	<p><b>TUESDAY</b>            Chicken Goujons            or Beef Burger in a Bun            Vegetable Rice or Potato Wedges            Coleslaw, Green Beans, Garden Peas &amp; Salad            Pancakes/Waffles &amp; Banana Ice Cream</p>
<p><b>WEDNESDAY</b>            Roast Turkey &amp; Stuffing in Rich Gravy            or Savoury Meatballs in Gravy            Creamed Potatoes or Boiled Potatoes            Green Cabbage, Carrots &amp; Diced Swede            Fruit Yogurt or Fresh Fruit</p>	<p><b>WEDNESDAY</b>            Chicken Fillet with Sage &amp; Onion Stuffing            or Baked Sausages            Creamed Potatoes or Boiled Potatoes            Carrots, Cabbage &amp; Cauliflower            Fruit Yogurt or Fresh Fruit</p>	<p><b>WEDNESDAY</b>            Roast Beef &amp; Yorkshire Pudding            or Chicken Hotpot            Roast Potatoes or Boiled Potatoes            Baton Carrots, Cabbage &amp; Swede            Fruit Yogurt or Fresh Fruit</p>
<p><b>THURSDAY</b>            Pork Sausage &amp; Bean Casserole            or Cheese &amp; Tomato Pizza            Potato Wedges            Garden Peas, Sweetcorn, Country Vegetables &amp; Salad            Fruit Jelly &amp; Strawberry Swirl</p>	<p><b>THURSDAY</b>            Pork Frikadellons            or Cheese &amp; Potato Pie            Creamed Potatoes or Boiled Potatoes            Baked Beans/Tomatoes, Garden Peas &amp; Broccoli            Eve's Sponge &amp; Custard</p>	<p><b>THURSDAY</b>            Roast Pork with Sage &amp; Onion Stuffing            or Chicken &amp; Ham Pie            Creamed Potatoes or Boiled Potatoes            Green Beans, Carrots &amp; Garden Peas            Fruit Crumble/Tart &amp; Custard</p>
<p><b>FRIDAY</b>            Chicken Korma/Tikka            or Fish Fillet in a Bun            Vegetable Rice or Chipped Potatoes            Country Vegetables, Garden Peas, Broccoli &amp; Salad            Pear &amp; Chocolate Muffin</p>	<p><b>FRIDAY</b>            Katsu Chicken Curry            or Burrito Boats            Vegetable Rice or Chipped Potatoes            Broccoli, Garden Peas, Sweetcorn &amp; Salad            Chocolate &amp; Orange Cheesecake</p>	<p><b>FRIDAY</b>            BBQ Chicken            or Salmon Goujon Salad Cones            Vegetable Rice, Jacket Potato or Chipped Potatoes            Broccoli, Sweetcorn, Garden Peas &amp; Salad            Fruit Jelly &amp; Dream Topping</p>

**Also served daily:**

Fresh Fruit, Wholemeal Bread, Yoghurt, Cheese & Biscuits, Semi-Skimmed Milk, Water