Lifefull Schools

Weekly menu

WEEK THREE: W/C 14/9, 5/10, 2/11, 23/11, 14/12, 18/1, 8/2

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita Pizza Wheat Milk with Coleslaw Egg & Potato Wedges	BBQ Style Chicken with Vegetable Rice	Beef Bolognaise with Penne Pasta & Chef Salad	Chicken & Sweetcorn Pie Wheat Milk with New Potatoes	Fish Fingers Wheat Fish & Chips with Tomato Sauce
Oriental Style Stir Fried Vegetables & Chickpeas with Rice (V)	Roasted Red Pepper & Herb Jambalaya Celery (V)	Vegetable Mince Bolognaise Served with Penne Pasta & Chef Salad (V)	Farmhouse Style Root Vegetable Wheat Milk & Sweetcorn Pie with New Potatoes (V)	Butternut Squash Frittata Egg with Chips & Tomato Sauce (V)
Jacket Potato (V) with Cheese Milk & Baked Beans Seasonal Veg Wholemeal Bread Wheat Milk Egg Soyabean	Jacket Potato (V) with Cheese Milk & Baked Beans or Tuna Mayonnaise Fish Egg Broccoli & Sweetcorn Herb Focaccia Wheat Milk Egg Soyabean	Jacket Potato (V) with Cheese Milk & Baked Beans or Tuna Mayonnaise Fish Egg Carrots & Peas Garlic Bread Wheat Milk Egg Soyabean	Jacket Potato (V) with Cheese Milk & Baked Beans or Tuna Mayonnaise Fish Egg Carrots & Green Beans Wholemeal/White Bread Wheat Milk Egg Soyabean	Jacket Potato (V) with Cheese Milk & Baked Beans Peas & Baked Beans Cumin Bread Wheat Milk Egg Soyabean
Lemon Sponge Cake Wheat Egg Milk with Chocolate Sauce Milk	Oatmeal Cookie Egg Wheat with Orange Wedges	Chocolate Sponge Cake Wheat Egg Milk with Chocolate Sauce Milk	Jelly with Fresh Fruit Wedges	Pear Crumble Wheat Milk with Custard Milk

Available daily
Please ask the catering manager for food allergen information

Available Daily, Bread, Salad Selection, Fruits and Yoghurt……

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

HARRISON
food with thought