



Autumn / Winter 2024/2025 Week One

Dates: 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Tomato, Baked Bean & Spiral Pasta Bake	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
Vegetarian	Cheese & Tomato Pizza with Tomato Pasta Salad	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Plant-based Pasta Bolognese with Garlic Bread	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower, Carrots, Sweetcorn	Red Tractor British Peas, Baked Beans	Broccoli/Cauliflower & Carrots	Broccoli, Carrots & Cauliflower Sweetcorn	Baked Beans British Red Tractor Garden Peas
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans				
Dessert	Chocolate Mousse and Orange Smiles	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard

Autumn / Winter 2024/2025 Week Two

Dates: 28th Oct, 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	Fish Fingers & Chips
Vegetarian	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals	Crispy Vegetable Fingers & Chips
Vegetables	Baked Beans or British Red Tractor Garden Peas	Broccoli/Cauliflower & Carrots	Broccoli/Cauliflower & Carrots, Sweetcorn	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans				
Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread/Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

Autumn / Winter 2024/2025 Week Three

Dates: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie with Mash <u>or</u> Skin on Potato Wedges ½ portion	Fish Fingers & Chips
Vegetarian	Beany Shepherd's Pie	Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Cheese, Onion & Potato Pie with Mash or Skin on Potato Wedges ½ portion	Cheese & Onion Pastry Roll
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans				
Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard

ALLERGY MENUS – A GUIDE FOR PARENTS

Which children will require an alternative menu?

- Children diagnosed with food allergies or diagnosed food intolerances.
- Children with other medical conditions requiring an adapted menu, for example: Type 1 Diabetes, PKU, Cystic Fibrosis, Ketogenic Diets, amongst others.

Those with religious, cultural, or personal requirements/preferences, can choose from the standard menu and do not need to complete a medical diet request form. This includes vegetarian, pescatarian, vegan and Halal requirements.

How to apply for an alternative menu

- Complete the online medical diet request form via the following link: <https://orders.lunchhound.co.uk/medicaldiets/request>
- Supply a recent photograph of your child
- Provide medical evidence if required (see below)

Medical Evidence – do I need it?

You DO NOT need to provide medical evidence if your child only needs to avoid any of the top 14 allergens (see BOX 1)

Medical evidence is needed for:

- Allergies to any food not listed in the top 14 allergens
- A combination of the top 14 allergens and non-top 14 allergens
- Medical conditions requiring an adapted menu (e.g. Type 1 Diabetes)
- Written medical evidence must come from a dietician, GP or consultant. No other medical evidence is permitted, including results from home analysis kits.

BOX 1

- Celery
- Crustacean
- Egg
- Fish
- Gluten (cereal containing wheat, barley, rye, kamut, spelt and oats)
- Lupin
- Milk
- Mollusc
- Mustard
- Peanut
- Sesame
- Soya
- Sulphur Dioxide/Sulphites
- Tree Nut (almond, hazelnut, walnut, cashew, pecan, brazil, pistachio & macadamia)

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

