

	Monday		Tuesday		Wednesday		Thursday (Planet Friendly!)		Friday	
Primary Menu <i>Choice 1</i> – Summer 2024 Allergen, Portion and Carb Matrix.	Pasta Bolognese		Beef Burger / Southern Style Chicken		Pork Steak Dinner		BBQ Chicken Pizza		Breaded Fish Shapes	
Allergens	G SU		G SE / G		X		EG DA SY SU		G F	
<i>Age 4 – 10 Portion Size / Carb Information</i>	248g	41.3g	X1 (107g) / 60g	28.1g / 7.9g	50g	0g	158g	31.1g	X1 (50g)	11.5g
<i>Age 11 -18 Portion Size / Carb Information</i>	380g	60g	X 1.5 (160g) / 80g	42g / 9.9g	80g	0g	158g	31.1g	X2	23g
<i>Choice 2</i>	(v) Cheesy Pasta Bake		(vgn) Super-Hotdog		(v) Savoury Mince		(v) Cheese & Tomato Pasta Bake		(vgn) Coated Nuggets	
Allergens	G DA		G SE SY		G EG		G DA SU		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	235g	38.7g	120g	28.6g	93g	3.3g	263g	43.3g	60g	5.5g
<i>Age 11 -18 Portion Size / Carb Information</i>	387g	57g	180g	43g	144g	6g	394g	64.8g	80g	7g
<i>With</i>	(vgn) Carrots & Peas x		(vgn) Wedges X & Sweetcorn X		Yorkshire Pudding G EG DA, (vgn) Roast Potato X, (vgn) Carrot & Swede X, (vgn) Gravy X		((vgn) Pasta G, (vgn) Broccoli & Carrots X		(vgn) Chips X & Peas X	
<i>Age 4 – 10 Portion Size / Carb Information</i>	40g	3.3g	Sweetcorn 50g Wedges 125g	3.8g 22.5g	Yorkshire P x1 Roast Potato 82g Carrot & Swede 50g Gravy 20g	5.7g 14.3g 3.1g 1g	Pasta 100g Broccoli & Carrot 50g	36.8g 2.4g	Chips 85g Peas 50g	19.6g 4.5g
<i>Age 11 -18 Portion Size / Carb Information</i>	60g	4.8g	Sweetcorn 80g Wedges 140g	6g 28g	Yorkshire P x1 Roast Potato 120g Carrot & Swede 80g Gravy 40g	5.7g 21g 5.5g 2g	Pasta 150g Broccoli & Carrot 80g	55g 31.1g	Chips 130g Peas 80g	29.9g 7g
<i>Choice 3</i>	(vgn) Choice of Sandwich		(vgn) Filled Jacket Potato		(vgn) Choice of Filled Wrap		(vgn) Filled Jacket Potato		(vgn) Choice of Sandwich	
Allergens	SY G		X		G		X		SY G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	3 Quarters	26g	228g	51.5g	X1 10" Wrap	30.2g	228g	51.5g	3 Quarters	26g
<i>Age 11 -18 Portion Size / Carb Information</i>	5 Quarters	35g	360g	84.1g	X1.5 10" Wrap	45.3g	360g	84.1g	5 Quarters	35g
<i>Fillings</i>	Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		(vgn) Sweetcorn x, (v) Cheese DA, (vgn) Baked Beans X, Tuna Mayo EG F MU		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		(vgn) Sweetcorn x, (v) Cheese DA, (vgn) Baked Beans X, Tuna Mayo EG F MU		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU	
<i>Age 4 – 10 Portion Size / Carb Information</i>	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Sweetcorn 45g Baked Beans 60g Tuna Mayo 70g Cheese 25g	3.4g 8.1g 1.8g 0g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Sweetcorn 45g Baked Beans 60g Tuna Mayo 70g Cheese 25g	3.4g 8.1g 1.8g 0g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g
<i>Age 11 -18 Portion Size / Carb Information</i>	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Sweetcorn 80g Cheese 40g Baked Beans 90g Tuna Mayo 100g	6g 0g 12g 2.6g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Sweetcorn 80g Cheese 40g Baked Beans 90g Tuna Mayo 100g	6g 0g 12g 2.6g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g
<i>Dessert</i>	(v) Raspberry Ripple Ice-cream		(vgn) Apple Slices & Raisins		(v) Chocolate Brownie		(vgn) Fruit Salad		(v) Homemade Cookie	
Allergens	DA SY		X		G EG DA		X		EG SY G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	60g	12.7g	(75g Apple 15g Raisins)	19.3g	50g	30.6g	97g	9.4g	28g	16.3g
<i>Age 11 -18 Portion Size / Carb Information</i>	100g	20g	(150g Apple 30g Raisins)	38.6g	50g	30.6g	97g	9.4g	28g	16.3g

Primary Menu – Summer 2024 Allergen, Portion and Carb Matrix.

WEEK 2										
	Monday		Tuesday		Wednesday		Thursday ((Planet Friendly!))		Friday	
Choice 1	Ham & Sweetcorn Homemade Pizza		All day Breakfast		Chicken Dinner		Chicken Pie (Cooks Pick)		Fish Fingers	
Allergens	EG DA SY SU G		SY SU G DA		X		SY G		G F	
<i>Age 4 – 10 Portion Size / Carb Information</i>	120g	29.1g	190g	21.9g	70g	0g	104g	10.5g	X2 (50g)	8.8g
<i>Age 11 -18 Portion Size / Carb Information</i>	120g	29.1g	283g	27.2g	100g	0	152g	15.7g	X3	13.2g
Choice 2	(vgn) Sausage Roll		(v) All day Breakfast		(vgn) Quorn Dinner		(v) Cheese & Onion Bake		(vgn) Vegetable Fingers	
Allergens	G SU		G EG DA SU		G		EG DA SY SU G		G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	70g	20.3g	183g	20.9g	X1 (69g)	3.4g	222g	35.9g	X2 (50g)	12g
<i>Age 11 -18 Portion Size / Carb Information</i>	140g	40.6g	283g	27.2g	X1 (69g)	3.4g	222g	35.9g	X3	18g
Served with	(vgn) Pasta G, Broccoli & Carrots X		(Sausage/Quorn Sausage, Hash brown, Beans, Tomato)		(vgn) Mash SU, Cauliflower, Carrots X & Gravy X		(vgn) Mashed Potato SU, (vgn) Seasonal vegetables X		(vgn) Chips, Peas & Sweetcorn	
<i>Age 4 – 10 Portion Size / Carb Information</i>	Pasta 100g Broccoli & Carrot 50g	36.8g 2.4g			Mash 113g Veg 50g Gravy 20g	22.4g 3g 1g	Mash 113g Veg 45g	22.4g 2.8g	Chips 85g Peas & Corn 50g	19.6g 4.1g
<i>Age 11 -18 Portion Size / Carb Information</i>	Pasta 150g Broccoli & Carrots 80g	55g 3.2g			Mash 220g Veg 80g Gravy 40g	35.9g 4.6g 2g	Mash 220g Veg 80g	35.9g 4.6g	Chips 130g Peas & Corn 80g	29.9g 7g
Choice 3	(vgn) Choice of Sandwich		(vgn) Filled Jacket Potato		(vgn) Choice of Filled Wrap		(vgn) Filled Jacket Potato		(vgn) Choice of Sandwich	
Allergens	SY G		X		G		X		SY G	
<i>Age 4 – 10 Portion Size / Carb Information</i>	3 Quarters	26g	228g	51.5g	X1 10" Wrap	30.2g	228g	51.5g	3 Quarters	26g
<i>Age 11 -18 Portion Size / Carb Information</i>	5 Quarters	35g	360g	84.1g	X1.5 10" Wrap	45.3g	360g	84.1g	5 Quarters	35g
Fillings	Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		(vgn) Sweetcorn x, (v) Cheese DA, (vgn) Baked Beans X, Tuna Mayo EG F MU		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		Chicken in Gravy, (v) Cheese DA, (vgn) Sweetcorn X		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU	
<i>Age 4 – 10 Portion Size / Carb Information</i>	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Sweetcorn 45g Baked Beans 60g Tuna Mayo 70g Cheese 25g	3.4g 8.1g 1.8g 0g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Chicken in Gravy 85g Cheese 25g Sweetcorn 45g	1g 0g 3.4g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g
<i>Age 11 -18 Portion Size / Carb Information</i>	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Sweetcorn 80g Cheese 40g Baked Beans 90g Tuna Mayo 100g	6g 0g 12g 2.6g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Chicken in Gravy 120g Cheese 40g Sweetcorn 80g	1.5g 0g 6g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g
Dessert	(v) Fruit & Ice-cream		(v) Summer Fruit Pudding		(v) Cooks Muffin		(vgn) Shortbread		(v) Banana & Butterscotch Sauce	
Allergens	DA SY		DA		EG SY G		SY G		DA	
<i>Age 4 – 10 Portion Size / Carb Information</i>	120g	17.8g	95g	12.4g	50g	24.5g	30g	16g	105g	27.4g
<i>Age 11 -18 Portion Size / Carb Information</i>	180g	26g	95g	12.4g	50g	24.5g	30g	16g	189g	46.8g

Primary Menu – Summer 2024 Allergen, Portion and Carb Matrix.

WEEK 3										
	Monday		Tuesday (Planet Friendly!)		Wednesday		Thursday		Friday	
Choice 1	Beef Hotpot		Pasta Bolognese		Sausage Dinner		Chicken Curry & Rice		Fish Fingers / Salmon Bites	
Allergens	SY SU G		G SU		SY SU G		DA / X		G F / G F	
Age 4 – 10 Portion Size / Carb Information	196g	24.4g	248g	41.3g	X1 (57g)	5.1g	Curry 150g Rice 105g	6.8g 26.7g	Salmon Bites 60g Fish Finger x2 (50g)	14.4g 13.2g
Age 11 -18 Portion Size / Carb Information	294g	36.6g	380g	60g	X2	10.2g	Curry 225g Rice 165g	10.2g 41.9g	Salmon Bites 80g Fish Finger x3 (50g)	18g 8.8g
Choice 2	(v) Tomato & Mozzarella Panini		(v) Two Cheese Pizza		(vgn) Sausage Dinner		(v) Cheese & Bean Potato Bake		(vgn) Battered Nuggets	
Allergens	G DA SE		EG DA SY SU G		G		DA		G	
Age 4 – 10 Portion Size / Carb Information	94g (1/2 Filled)	26.3g	90g	26.6g	X1 (50g)	4g	222g	35.9g	X3 (60g)	5.5g
Age 11 -18 Portion Size / Carb Information	1 filled	52.6g	135g	39.9g	X2	8g	312g	45.5g	X4	6.9g
with	(vgn) New Potatoes X & Broccoli X		(vgn) Pasta G, Peas & Sweetcorn X		(vgn) Mashed Potato SU, Seasonal Vegetables X, Gravy X		(vgn) Seasonal Vegetables X		(vgn) Chips X & Beans X	
Age 4 – 10 Portion Size / Carb Information	125g	17.9g	Pasta 100g Peas & Corn 50g	36.8g 4.1g	Mash 113g Veg 45g Gravy 20g	22.4g 2.8g 1g	Veg 45g	2.8g	Chips 85g Baked Beans 60g	19.6g 8.1g
Age 11 -18 Portion Size / Carb Information	180g	27g	Pasta 150g Peas & Corn 80g	54g 7g	Mash 220g Veg 80g Gravy 40g	35.9g 4.6g 2g	Veg 80g	4.6g	Chips 130g Beans 90g	29.9g 12g
Choice 3	(vgn) Choice of Sandwich		(vgn) Filled Jacket Potato		(vgn) Choice of Filled Wrap		(vgn) Filled Jacket Potato		(vgn) Choice of Sandwich	
Allergens	SY G		X		G		X		SY G	
Age 4 – 10 Portion Size / Carb Information	3 Quarters	26g	228g	51.5g	X1 10" Wrap	30.2g	228g	51.5g	3 Quarters	26g
Age 11 -18 Portion Size / Carb Information	5 Quarters	35g	360g	84.1g	X1.5 10" Wrap	45.3g	360g	84.1g	5 Quarters	35g
Fillings	Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		Beef Bolognese SU, (vgn) Sweetcorn X, (v) Cheese DA, (vgn) Baked Beans X		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU		Chicken Curry DA, (v) Cheese DA, (vgn) Sweetcorn X, Tuna Mayo EG F MU,		Ham SU, (v) Cheese DA, Tuna Mayo EG F MU	
Age 4 – 10 Portion Size / Carb Information	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Bolognese 148g Baked Beans 60g Cheese 25g Sweetcorn 45g	4.5g 8.1g 0g 3.4g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g	Chicken Curry 150g Cheese 25g Tuna Mayo 70g Sweetcorn 45g	6.8g 0g 1.8g 3.4g	Ham 50g Tuna Mayo 70g Cheese 25g	0.2g 1.8g 0g
Age 11 -18 Portion Size / Carb Information	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Cheese 40g Sweetcorn 80g Baked Beans 90g Bolognese 222g	0g 6g 12g 6.8g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g	Chicken Curry 225g Cheese 40g Tuna Mayo 100g Sweetcorn 80g	10.2g 0g 2.6g 6g	Ham 80g Tuna Mayo 100g Cheese 40g	0.3g 2.6g 0g
Dessert	(v) Ice-Cream with Summer Berry sauce		(vgn) Homemade Flapjack		(vgn) Banana & Raisins		(v) Cooks Muffin		(vgn) Fruit & Jelly	
Allergens	DA SY		G		X		EG SY G		X	
Age 4 – 10 Portion Size / Carb Information	Ice-cream 70g Berry S 13g	16.5g	30g	16.8g	90g	25.6g	50g	24.5g	100g Jelly 50g Orange	21.6g
Age 11 -18 Portion Size / Carb Information	Ice-cream 100g Berry s 26g	25g	30g	16.8g	180g	51.2g	50g	24.5g		

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & "Ground nuts" such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)

HALAL FRIENDLY

Salad Bar Items

<u>Item</u>	<u>Portion Size</u>	<u>Carbs</u>
Carrot	10g	0.8g
Cucumber	10g	0.1g
Tomatoes	10g	0.4g
Lettuce	10g	0.1g
Apple	10g	1.1g
Orange	50g	4.5g
Coleslaw	20g	0.9g
Raisins	10g	6.9g
Plain Pasta (cooked)	105g	17g
Sliced Bread	Per ½ Slice (17g)	7g