

# Special Dietary Requirements

**Key**  
✓ - Contains

	Peanut	Nuts	Milk	Soya	Mustard	Lupin	Eggs	Fish	Mollusc	Shellfish	Gluten	Sesame Seeds	Celery	Sulphur Dioxide	
<b>Week 1</b>															
Turkey Pizza with Sweet Potato Jacket Wedges			✓								Wheat		✓	✓	
Steamed Vegetable Frittata with Diced Potatoes (V)			✓				✓								
Apple Flapjack			✓								Wheat				
Beef Meatloaf and Rice														✓	
Stuffed Red Peppers (V)													✓	✓	
Cinnamon Oaty Cookie			✓				✓				Wheat				
Roast Turkey, Potatoes and Gravy														✓	
Tomato and Cheese Pasta Bake (V)			✓								Wheat		✓	✓	
Lime Jelly															
Creamy Chicken with Sweetcorn and Rice			✓										✓	✓	
Mixed Bean and Vegetable Tortilla (V)			✓								Wheat		✓	✓	
Strawberry Eton Mess			✓				✓								
Fishcake and Chips					✓	✓		✓			Wheat				
Vegetarian Fingers and Chips (V)											Wheat				
Fruity Friday															

**Please note:**  
On the days when a main meal option isn't suitable we always have a jacket potato option available with a choice of tuna, cheese or beans.  
If your child has a special diet, please complete the special dietary needs form (available at reception) and make the kitchen staff and school aware.

the  
**Tasties**



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<b>Week 2</b>														
Chicken Teriyaki with Rice				✓							Wheat			
Lentil Meatballs in a Tomato Sauce with Rice (V)							✓						✓	✓
Banana Muffin			✓				✓				Wheat			
Chicken Sausage and Beans											Wheat			✓
Mediterranean Couscous and Beans (V)											Wheat		✓	✓
Coconut Cheesecake			✓								Wheat			
Roast Beef, Potatoes and Gravy														✓
Quorn Fillet with Sweet Potato Mash and Gravy (V)							✓							✓
Jam Tart and Custard			✓								Wheat			✓
Chicken and Sweetcorn Pasta			✓								Wheat		✓	✓
Cheese and Vegetable Flan (V)			✓	✓	✓		✓				Wheat		✓	
Iced Lemon Sponge			✓				✓				Wheat			
Salmon Fish Fingers and Chips								✓			Wheat			
Beetroot Patties and Feta Yoghurt with Rice (V)			✓								Wheat			
Fruity Friday														

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<b>Week 3</b>															
Chicken Paella													✓	✓	
Vegetarian Chilli Tacos (V)				✓							Wheat				
Carrot Cake			✓				✓				Wheat			✓	
Beef Keema with Naan			✓	✓							Wheat	✓			
Chickpea and Vegetable Paella (V)													✓	✓	
Orange Jelly with Mandarin															
Roast Chicken, Potatoes and Gravy														✓	
Lentil and Bean Bake (V)			✓				✓				Wheat		✓	✓	
Chocolate Rice Crisp Cake			✓												
Beef Chilli con Carne with Homemade Nachos															
Cheese, Tomato and Sweetcorn Pizza with Wedges (V)			✓								Wheat		✓	✓	
Chocolate and Beetroot Brownie			✓				✓				Wheat				
Pollock Fish and Chips				✓				✓			Wheat				
Roasted Vegetable Omelette with Diced Potatoes (V)			✓				✓								
Oaty Cookie															

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