

Hurst Green Primary School - Allergy Free

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



DF/GF Margherita Pizza

Sweet & Sour Chicken (No Celery)

Beef Cottage Pie

Chicken Curry

Bunless Homemade Beef Burger with Chips

VEGGIE



DF/GF Veggie Supreme Pizza

Sweet & Sour Butternut Squash & Vegetables (No Celery)

Roasted Vegetable Cottage Pie

Allergy Free Vegetable Curry

Jacket Potato with Baked Beans and DF Cheese

SIDES



Homemade Potato Wedges & Green Salad

Steamed Rice & Stir Fried Greens

Roasted Carrots & Parsnips

Steamed Rice & Green Beans

Beans or Peas

V

V S

V

V

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



Chef's Allergen Free Cake

Chef's Allergen Free Cake

GF Apple Crumble

Chef's Allergen Free Cake

GF Shortbread Biscuit

DAILY SALAD BAR | FRESH FRUIT



DATES

1 SEP / 22 SEP /
13 OCT / 17 NOV /
8 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG



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MONDAY

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THEME DAYS

MAIN



Chicken Stir Fry

Bunless Homemade Beef Burger

Roast Chicken & Gravy

Beef Bolognese with GF Pasta

DF/GF BBQ Chicken Pizza with Chips

VEGGIE



Stir Fried Vegetables

Bunless Spinach & Chickpea Burger

Roasted Vegetable Cottage Pie

DF/GF Mac & Cheese

DF/GF Cheese & Tomato Pizza with Chips

SIDES



Steamed Rice & Stir Fried Greens

Homemade Potato Wedges with Baked Beans or Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Mixed Green Salad

Beans or Peas

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



GF Chocolate Shortbread Biscuit

Fresh Fruit

GF Winter Fruit Crumble

Chef's Allergen Free Cake

Fruit Jelly

DAILY SALAD BAR | FRESH FRUIT



DATES

8 SEP / 29 SEP /
3 NOV / 24 NOV /
15 DEC

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WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Chicken Curry	Beef Bolognese with GF Pasta	Roast Chicken With Mashed Potato & Gravy	Roast Chicken & Homemade Potato Wedges	BBQ Chicken & Chips
VEGGIE	Allergy Free Vegetable Curry	DF/GF Roasted Squash & Root Vegetable Pasta	Jacket Potato with Baked Beans and DF Cheese	Honey Glazed Beans & Vegetables	Jacket Potato with Baked Beans and DF Cheese
SIDES	Rice & Peas With Green Beans V	Mixed Green Salad V	Roasted Carrots & Parsnips V S	Carrots & Green Beans V S	Beans or Peas V
PASTA & JACKET	GF Vegan Roasted Vegetable Pasta	Jacket Potato with Baked Beans and DF Cheese	GF Tomato & Basil Pasta	Jacket Potato with Baked Beans and DF Cheese	DF/GF Cheesy Pasta
PUD	Chef's Allergen Free Cake	Fruit Jelly V	Chef's Allergen Free Cake	GF Apple Crumble	GF Vanilla Shortbread Biscuit
DAILY SALAD BAR FRESH FRUIT					

THEME DAYS



DATES

15 SEP / 6 OCT /
10 NOV / 1 DEC

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