

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## THEME DAYS

### MAIN



DF/GF Chicken Pesto Pasta

Piri Piri Chicken

Roast Chicken with New Potatoes & Gravy

DF/GF Meat Feast Pizza

GF Fish & Chips (F)

### VEGGIE



DF/GF Tomato & Basil Pasta

Jacket Potato with Baked Beans & DF Cheese

Jacket Potato with Baked Beans & DF Cheese

DF/GF Margherita Pizza

Jacket Potato with Baked Beans & DF Cheese

### SIDES



Green Salad

Steamed Rice & Green Beans

Roasted Carrots & Parsnips

Homemade Potato Wedges & Green Salad

Beans or Peas

V

V S

V

V

### PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

### PUD



Fresh Fruit

Fruit Jelly

Fruit Jelly

GF Apple Crumble

GF Vanilla Shortbread Biscuit

V

V

DAILY SALAD BAR | FRESH FRUIT



## DATES

4 SEP / 22 SEP /  
13 OCT / 10 NOV /  
1 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

*Olive*  
dining  
food with passion

Michael Faraday Primary School - Allergy Free

# WEEKLY MENU

WEEK 1  
WEEK 2  
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



Chicken Stir Fry

Bunless Homemade Beef Burger

Roast Chicken & Gravy

Beef Bolognese with GF Pasta

DF/GF BBQ Chicken Pizza

VEGGIE



Stir Fried Vegetables

Jacket Potato with Baked Beans & DF Cheese

Roasted Vegetable Cottage Pie

DF/GF Mac & Cheese

Bunless Spinach & Chickpea Burger & Chips

SIDES



Steamed Rice & Stir Fried Greens

Homemade Potato Wedges with Baked Beans or Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Green Salad

Beans or Peas

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

PUD



Fresh Fruit

Fresh Fruit

Fruit Jelly

Chef's Allergen Free Cake

Fruit Jelly

DAILY SALAD BAR | FRESH FRUIT



DATES

8 SEP / 29 SEP /  
20 OCT / 17 NOV /  
8 DEC

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Olive  
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## MONDAY

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## FRIDAY

## THEME DAYS

### MAIN



Jerk Chicken Curry

Beef Bolognese with GF Pasta

Roast Chicken & Homemade Potato Wedges

GF Mediterranean Chicken Pasta

GF Fish & Chips (F)

### VEGGIE



Allergen Free Vegetable Curry

DF/GF Roasted Squash & Root Vegetable Pasta

Honey Glazed Beans & Vegetables

DF/GF Cherry Tomato & Spinach Pasta

Jacket Potato with Baked Beans & DF Cheese

### SIDES



Rice & Peas with Green Beans

Mixed Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Carrots & Green Beans

Beans or Peas

V

V

V S

V S

V

### PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

### PUD



Fresh Fruit

Fruit Jelly

Chef's Allergen Free Cake

Fresh Fruit

GF Vanilla Shortbread Biscuit

V

DAILY SALAD BAR | FRESH FRUIT



## DATES

15 SEP / 6 OCT /  
3 NOV / 24 NOV /  
15 DEC

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