



Arboretum Primary School Menu – Autumn 1 Week 1

	Red Meal	Green meal	Sandwiches	Pudding
Monday	  Cereals containing gluten	  Cereals containing gluten	  Cereals containing gluten  Milk	  Cereals containing gluten  Eggs
	Samosas (Gluten[Wheat])	Veggie Fingers (Gluten[Wheat])	Cheese Sandwiches	Orange Sponge Cake
	Diced Potatoes (Gluten[Wheat])	Diced Potatoes (Gluten[Wheat])	(Gluten[Wheat], Milk)	(Gluten[Wheat], eggs)
	Mixed Veg	Mixed Veg		
Tuesday	  Cereals containing gluten  Milk	  Cereals containing gluten  Milk	  Cereals containing gluten  Milk	  Cereals containing gluten
	Meat Sausages	Veggie sausage	Cheese Sandwiches	Fruity Shortbread
	(Gluten[Wheat], Soya)	(Gluten[wheat])	(Gluten[Wheat], Milk)	(Gluten[Wheat])
	Hash Browns (May contain Gluten[Wheat], Milk)	Hash Browns (May contain Gluten[Wheat], Milk)		
Wednesday	  Cereals containing gluten  Soya	  Cereals containing gluten  Milk	  Cereals containing gluten  Milk	
	Chicken and Vegetable Pie	Cheese and Onion Rolls	Cheese Sandwiches	Strawberry Jelly
	Pastry (Gluten [Wheat])	(Gluten[Wheat], Milk, Mustard)	(Gluten[Wheat], Milk)	
	Roast Potatoes (Gluten [Wheat]) Gravy (Soya)	Roast Potatoes Green beans		
Thursday	  Cereals containing gluten  Fish	  Cereals containing gluten	  Cereals containing gluten  Milk	  Milk  Soya
	Fishcake (Gluten[Wheat], Fish)	Vegetable Burger (Gluten[Wheat])	Cheese Sandwiches	Homemade Fruit Yoghurt
	Potato Wedges	Potato Wedges	(Gluten[Wheat], Milk)	(Milk, Soya)
	Spaghetti Hoops (Gluten[Wheat])	Spaghetti Hoops (Gluten[Wheat])		
Friday Fruity Friday	  Cereals containing gluten  Mustard  Soya	  Milk	  Cereals containing gluten  Milk	
	Spaghetti Bolognese	Cheese and Potato Pie	Cheese sandwiches	Fresh Fruit Salad
	Spaghetti (Gluten[Wheat], may contain Mustard and Soya)	(Milk)	(Gluten[Wheat], Milk)	
	Carrots	Carrots		

Every day there is a fresh salad bar and wholemeal bread to accompany main meals.

NB. The allergens shown are correct at the time of publishing but may change if suppliers change their ingredients. Please contact the school for the most up-to-date allergen information.

If your child has an allergy, please notify the school, so that we can ensure any food they are given is safe for them to eat



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Key:

 Celery ☐	 Cereals containing gluten ☐	 Crustaceans ☐	 Eggs ☐	 Fish ☐
 Lupin ☐	 Milk ☐	 Mollusc ☐	 Mustard ☐	 Nuts ☐
 Peanuts ☐	 Sesame seeds ☐	 Soya ☐	 Sulphur Dioxide ☐	TICK THE ALLERGENS WHICH ARE IN THE DISH ☒

Please note: Food images are for guidance and servings may vary slightly.