Fresh Ideas Feeding Minds

Allergen Aware Packed Lunch Menu

NON-DAIRY | NON-EGG | NON-GLUTEN | NON-SOYA | NON-NUTS | NON-PEANUTS | NON-CELERY | NON-MUSTARD | NON-LUPIN

NON-SESAME SEEDS | NON-CRUSTACEANS | NON-MOLLUSCS





Autumn/Winter

Our Allergen Aware Menu is FREE from most of the top 14 legal allergens and is closely aligned to the Primary School Packed Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Ham, **Tuna (no Mayo)** or **Cheese Roll**	**Cheese and Tomato Pasta**	**Cheese and Tomato Pasta**	Ham, **Tuna (no Mayo)** or **Cheese Roll**	Ham, **Tuna (no Mayo)** or **Cheese Roll**
Sultanas	Salad Sticks	Salad Sticks	Salad Sticks	Salad Sticks
Fruit Portion	Fruit Portion	Sultanas	Fruit Portion	Orange Wedges
Homemade Cocoa Cake	**Iced Fruit Smoothie**	Fruit Portion	**Apple Sponge**	**Homemade Ginger Shortbread**

Week One: 2 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb | 8 Mar - Fresh Fruit Available Daily

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Monday	Tuesday	Wednesday	Thursday	Friday
Ham, **Tuna (no Mayo)** or **Cheese Roll**	**Cheese and Tomato Pasta**	**Cheese and Tomato Pasta**	Ham, **Tuna (no Mayo)** or **Cheese Roll**	Ham, **Tuna (no Mayo)** or **Cheese Roll**
Salad Sticks	**Pizza Finger**	Salad Sticks	Salad Sticks	Salad Sticks
Sultanas	Salad Sticks	Apple Wedges	Sultanas	Fruit Portion
Homemade Banana Cupcake	Fruit Portion	**Homemade Flapjack**	**Homemade Cocoa Cupcake**	**Homemade Cinnamon Bun**

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Week Two: 9 Nov | 30 Nov | 4 Jan | 25 Jan | 22 Feb | 15 Mar - Fresh Fruit Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Ham, **Tuna (no Mayo)** or **Cheese Roll**	**Cheese and Tomato Pasta**	**Cheese and Tomato Pasta**	Ham, **Tuna (no Mayo)** or **Cheese Roll**	Ham, **Tuna (no Mayo)** or **Cheese Roll**
Salad Sticks	**Pizza Finger**	Salad Sticks	Fruit Portion	Salad Sticks
Sultanas	Salad Sticks	Fruit Portion	Salad Sticks	Sultanas
Homemade Cocoa Cupcake	Fruit Jelly	**Homemade Oaty Cookie**	**Homemade Shortbread**	Fruit Portion

Week Three: 16 Nov | 7 Dec | 11 Jan | 1 Feb | 1 Mar | 22 Mar - Fresh Fruit Available Daily



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Please note: Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens.