

WEEK 1 Summer 2025 (Menu Matrix)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Choice 1	(v) Cheesy Bean Hotpot		Meat Feast Two Cheese Pizza		Pork Sausage		Pasta Bolognese		Breaded Fish Shapes	
Allergens	DA		EG DA SY SU G		G SY		G SU		G F	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	122g	12.8g	140g 90g	28.7g 28.6g	X2 (76g)	6.8g	248g	41.3g	X1 (50g)	11.5g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	202g	28.2	241g	56.5g	114g	10.1g	375g	68.3g	X2 (100g)	23g
Choice 2	(v) Mighty Hotdog		(v) Cheese & Tomato Pasta Bake		(v) Savoury Mince		(v) Super Cheesy Pasta		(v) Battered Nuggets	
Allergens	G SY		G DA SU		G EG		G DA SU		G	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 (120g)	29.9	223g	41.7g	87g	3g	230g	39g	60g	5.5g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	230g	59.9g	330g	59g	144g	6.1g	307g	55.1g	100g	9.1g
Choice 3	Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato	
Allergens	X		X		X		X		X	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	320g	67.8g	320g	67.8g	320g	67.8g	320g	67.8g	320g	67.8g
Choice 4	Choice of Sandwich		Choice of Barmcake		Choice of Tortilla Wrap		Choice of Sandwich		Choice of Tortilla Wrap	
Allergens	SY G		SY G		G		SY G		G	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X3 Quarters	26g	X1 Barm (63g)	24.7g	X1 10” Wrap (65g)	30.2g	X3 Quarters	26g	X1 10” Wrap (65g)	30.2g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X6 Quarters	46.5g	1.5x Barm (91g)	36.8	X1.5 10” Wrap (94g)	45.4g	X6 Quarters	46.5g	X1.5 10” Wrap (94g)	45.4g
Fillings (Allergens)	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g
Please Note – Sides and desserts are not pre-ordered										
With (Allergens)	Potato Slices SU Corn Cob X		Pasta G, Peas X & Sweetcorn X		Yorkshire Pudding G DA EG, Roast Potato X, Carrot & Swede X, Gravy X		Broccoli & Carrots X		Chips X & Peas X	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	Potato Slices 81g Corn Cob 60g	17.9g 2.7g	Pasta 100g Peas & Sweetcorn 40g	36.8g 3.6g	York. Pud. X1 21g Roast pot. 82g Carrot & Swe. 40g Gravy 20g	5.7g 14.3g 1.8g 0.9g	Broccoli & Carrots 40g	1.7g	60g	23g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	Potato Slices 121g Corn Cob	21.5g 5.4g	Pasta 160g Peas & Sweetcorn 80g	58.9g 7.3g	York. Pud x2 42g Roast pot. 125g Carrot & swe. 80g Gravy 40g	11.4g 22.4g 5g 2g	Broccoli & Carrots 80g	3.4g	Chips 150g Peas 80g	34.5g 7.2g
Dessert	Raspberry Ripple Ice-cream		Apple Slices & Raisins		Chocolate Brownie		Melon & Summer Berry Salad		Homemade Cookie	
Allergens	DA SY		X		G EG DA		X		EG SY G	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	60g	12.7g	Raisin 15g Apple 75g	19.3g	50g	30.6g	53g	6g	28g	16.3g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	120g	25.4g	90g	19.3g	50g	30.1g	113g	9.4g	28g	16.3g

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

ONLY AVAILAIBLE FOR SPECIAL DIETS WHEN REQUIRED

(v) = Suitable for Vegetarians & Halal Diets
(vgn) = Suitable Vegan & Halal Diet

WEEK 1 Summer 2025 LIMITED ALLERGEN MENU (Menu Matrix)										
Limited Allergen Choice 1	LA Baked Bean Hotpot		LA Cheesy Tomato Pizza Slice		LA GF Pork Sausage		LA Pasta Bolognese		LA GF Fish Fingers	
Allergens	X		SU		SY SU		LU SU		F	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	122g	17.7g	102g	31.8g	X2 (76g)	6.8g	248g	43.6g	50g	8g
Limited Allergen Choice 2			LA Cheesy Tomato Pasta Bake		LA Savoury Mince (vgn)		LA Pasta Bolognese (VGN)			
Allergens			LU SU		SY		LU SY SU			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information			223g	47.8g	93g	6.1g	243g	47.1g		
Limited Allergen Choice 3	LA Jacket Potato						LA Jacket Potato			
Allergens	X						X			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 (250g)	56.5g					X1 (250g)			
Limited Allergen Choice 4	LA Choice of Sandwich		LA Choice of Sandwich		LA Choice of Sandwich		LA Choice of Sandwich		LA Choice of Sandwich	
Allergens	X		X		X		X		X	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g	59g	24.2g
Limited Allergen Fillings (Allergens)	HAM SU CORN X BEANS X TUNA SPREAD F VIOLIFE X		HAM SU CORN X TUNA SPREAD F VIOLIFE X		HAM SU CORN X TUNA SPREAD F VIOLIFE X		HAM SU CORN X BEANS X TUNA SPREAD F VIOLIFE X		HAM SU CORN X TUNA SPREAD F VIOLIFE X	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	HAM 50g CORN 45g BEANS 60g TUNA SPREAD 75g VIOLIFE 30g	0.2g 4.1g 8.1g 0.1g 6.3g	HAM 50g CORN 45g TUNA SPREAD 75g VIOLIFE 30g	0.2g 4.1g 0.1g 6.3g	HAM 50g CORN 45g TUNA SPREAD 75g VIOLIFE 30g	0.2g 4.1g 0.1g 6.3g	HAM 50g CORN 45g BEANS 60g TUNA SPREAD 75g VIOLIFE 30g	0.2g 4.1g 8.1g 0.1g 6.3g	HAM 50g CORN 45g TUNA SPREAD 75g VIOLIFE 30g	0.2g 4.1g 0.1g 6.3g
Please Note – Sides and desserts are not pre-ordered. It they are not suitable from the standard menu, the below will be served with the pre-order choice instead where suitable										
Limited Allergens With (Allergens)			LA GF Pasta Side LU							
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information			100g	39.1g						
Limited Allergens Dessert	LA Frozen Smoothie				LA Cooks Muffin				LA Cookie	
Allergens	X				X				X	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	80g	14.4g			36g	17.7g			48g	29.1g

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

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WEEK 2 Summer 2025 (Menu Matrix)									
	Monday		Tuesday		Wednesday		Thursday		Friday
Choice 1	Ham & Sweetcorn Pizza		All day Breakfast		Roast Chicken Dinner		Garlic Chicken Pasta		Fish Fingers
Allergens	EG DA SY SU G		G DA SY SU		X		G DA SU		G F
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	120g	29.2g	Hash Brown x2 (86g) Chop. Toms 40g Sausage x1 (38g) Beans 40g	27.5g	Chicken 70g	0g	257g	38.9g	X2 (50g) 9.4g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	228g	56.7g	Hash Brown x2 (86g) Cop. Toms (80g) Sausage x2 (76g) Beans (80g)	37.8g	Chicken 100g	0g	367g	55.4g	X4 (100g) 18.7g
Choice 2	(v) Sausage Roll		(v) All day Breakfast		(v) Quorn Fillet		(v) Garlic & Herb Calzone		(v) Veggie Burger in a soft Bun
Allergens	G SU		G DA SU		G		EG DA SY SU G		G EG DA
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	½ (70g)	20.3g	Hash Brown x2 (86g) Chop. Toms 20g VGN Sausage x1 (50g) Beans 35g	26.7g	X1 58g	0.2g	99g	27.8g	95g 19g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	140g	40.6g	Hash Brown x2 (86g) Muffin Omelette 50g Baked Beans 90g Salad Toms 50g Vegan Sausage x2 50g	27.2g	70g	3.4g	161g	54.6g	180g 35.5g
Choice 3	Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato
Allergens	X		X		X		X		X
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato 56.5g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato 67.8g
Choice 4	Choice of Sandwich		Choice of Barmcake		Choice of Tortilla Wrap		Choice of Sandwich		Choice of Tortilla Wrap
Allergens	SY G		SY G		G		SY G		G
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X3 Quarters	26g	X1 Barm (63g)	24.7g	X1 10” Wrap (65g)	30.2g	X3 Quarters	26g	X1 10” Wrap (65g) 30.2g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X6 Quarters	46.5g	1.5x Barm (91g)	36.8	X1.5 10” Wrap (94g)	45.4g	X6 Quarters	46.5g	X1.5 10” Wrap (94g) 45.4g
Fillings (Allergens)	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g
Please Note – Sides and desserts are not pre-ordered									
With (Allergens)	Pasta G, Broccoli & Carrots X		(Sausage/Quorn Sausage, Hash browns, Beans, Tomato)		Mash SU, Cauliflower X, Carrots X & Gravy X		Seasonal vegetables X		Chips X, Peas & Sweetcorn X
Age 4 – 10 Portion Size / Carb Information	Pasta 100g Broc & Carrots 40g	36.8g 1.7g			Mash 133g Cauli & Carrot 40g Gravy 20g	22.4g 2.5g 0.9g	45g	2.8g	Chips 60g Peas & Corn 40g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	Pasta 160g 80g	58.9g 3.4g			Mash 220g Cauli & Carrots 80g Gravy 40g	35.9g 1.3g 2g	81g	4.8g	Chips 150g Peas & Sweetcorn 80g
Dessert	Fruit & Ice-cream		Chocolate Cookie		Cooks Muffin		Shortbread		Banana & Raisins
Allergens	DA SY		G EG DA SY		EG SY G		SY G		X
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	Peaches 50g Ice-cream 70g	17.8g	30g	17g	45g	22g	30g	16g	87g 23.6g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	Peaches & Icecream 180g	26.3g	40g	23.1g	45g	22g	30g	16g	125g 37.6g

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WEEK 2 Summer 2025 LIMITED ALLERGEN (Menu Matrix)										
	Monday		Tuesday		Wednesday		Thursday		Friday	
Limited Allergen Choice 1	LA Cheey Ham Pizza Slice		LA GF All day breakfast				LA Cheesy Tomato Pizza Slice		LA Fishless Finger (vgn)	
Allergens	SU		SY SU				SU		G	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	142g	32g	Chopped Tom 40g Baked Beans 40g Pork sausage 38g Diced Pots 100g	32.9g			102g	31.8g	60g	17.5g
Limited Allergen Choice 2			LA All day breakfast (vgn)						LA GF Fish Fingers	
Allergens			G						F	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information			Chopped Toms 40g Baked Beans 40g Diced Pots 100g Sausage (v) 50g	33.6g					60g	9.6g
Limited Allergen Choice 3	LA Jacket Potato						LA Jacket Potato			
Allergens	X						X			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	250g	56.5g					250g	56.5g		
Please Note – Sides and desserts are not pre-ordered										
Limited Allergens With (Allergens)	LA GF Pasta Side LU						LA GF Pasta Side LU			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	100g	36.8g					100g	39.1g		
Limited Allergens Dessert	Fruit & Frozen Smoothie		LA Cookie		LA Cooks Muffin		LA Cookie			
Allergens	X		X		X		X			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	130g	19.2g	48g	29.1g	36g	17.7g	48g	29.1g		

ALLERGEN KEY: (G-Gluten/Cereals containing Gluten)(SE-Sesame)(SU-Sulphites)(DA- Dairy/Milk Products)(SY-Soya)(EG-Egg)(F-Fish)(MU-Mustard)(CE-Celery)(NU-Tree nuts & “Ground nuts” such as peanuts)(MO-Molluscs)(CR-Crustaceans)(LU-Lupin)(X-No allergens known)

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WEEK 3 Summer 2025 (Menu Matrix)									
	Monday		Tuesday		Wednesday		Thursday		Friday
Choice 1	(v) Cheese & Tomato Pasta Bake		Southern Fried Chicken Wrap		Chicken Dinner		Pasta Bolognese		Fish Fingers Salmon Bites
Allergens	G DA SU		G		X		G SU		F G F G
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	223g	41.7g	127g	40.5g	70g	0.0g	248g	41.3g	F Fingers x2 50g S Bites x3 60g 9.4g 14.4g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	330g	59g	186g	59.5g	100g	0g	375g	58.3g	F Fingers x4 100g S Bites x5 100g 18.7g 24g
Choice 2	(v)Warm Tomato & Mozzarella Roll		(v) Homemade Cheese Flan		(v) Sausage Dinner		(v) Two Cheese Pizza		(v) BBQ Style Calzone
Allergens	DA G SY		EG DA SY G		G		EG DA SY SU G		EG DA SY SU G
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 (90g)	23.9g	106g	11.9g	X1 (50g)	4g	90g	28.6g	124g 30.4g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X2 (170g)	47.5g	112g	11.5g	X2 (100g)	8.1g	171g	56.1g	201g 57.5g
Choice 3	Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato		Jacket Potato
Allergens	X		X		X		X		X
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato	56.5g	X1 250g Potato 56.5g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato	67.8g	X1 320g Potato 67.8g
Choice 4	Choice of Sandwich		Choice of Barmcake		Choice of Tortilla Wrap		Choice of Sandwich		Choice of Tortilla Wrap
Allergens	SY G		SY G		G		SY G		G
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	X3 Quarters	26g	X1 Barm (63g)	24.7g	X1 10” Wrap (65g)	30.2g	X3 Quarters	26g	X1 10” Wrap (65g) 30.2g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	X6 Quarters	46.5g	1.5x Barm (91g)	36.8	X1.5 10” Wrap (94g)	45.4g	X6 Quarters	46.5g	X1.5 10” Wrap (94g) 45.4g
Fillings (Allergens)	HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) CHEESY BEANS (DA)		HAM (SU) TUNA MAYO (EG F MU) CHEESE (DA) TUNA CRUNCH (EG F MU) BAKED BEANS (X)
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g	0.2g 1.2g 0.0g 4.2g 8.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g CHEESY BEANS 65g	0.2g 1.2g 0.0g 4.2g 6.1g	HAM 50g TUNA MAYO 65g CHEESE 25g TUNA CRUNCH 100g BAKED BEANS 60g 0.2g 1.2g 0.0g 4.2g 8.1g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g CHEESY BEAN 110g	0.4g 4.4g 0.0g 4.6g 12.2g	HAM 80g TUNA MAYO 120g CHEESE 30g TUNA CRUNCH 120g BAKED BEANS 90g 0.4g 4.4g 0.0g 4.6g 12.2g
Please Note – Sides and desserts are not pre-ordered									
With (Allergens)	Pasta G & Broccoli X		Crispy Potato bites G DA SU & Corn Cob X		New Potatoes X, Seasonal Vegetables X, Gravy X		Pasta G , Peas & sweetcorn X		Chips X & Beans X
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	Pasta 100g Broccoli 50g	36.8g 1.2g	Potato Bites 80g Corn Cob 60g	16.8g 2.7g	New Pots 125g Seasonal Veg 45g Gravy 20g	17.9g 2.8g 0.9g	Pasta 100g Peas & Corn 40g	36.8g 3.6g	Chips 60g Beans 60g 23g 8.1g
SECONDARY SCHOOL Age 11 – 18 Portion Size / Carb Information	Pasta 160g Broccoli 80g	58.9g 1.8g	Potato Bites 200g Corn Cob 120g	42g 5.4g	New Pots 200g Seasonal Veg 81g Veg 81g	29.8g 4.8g 4.8g	Pasta 160g Peas & sweetcorn 80g	58.9g 7.3g	Chips 150g Beans 60g 34.5g 8.1g
Dessert	Ice-Cream with Summer Berry sauce		Homemade Flapjack		Banana & Raisins		Cooks Muffin		Fruit & Jelly
Allergens	DA SY		G		X		EG SY G		X
Age 4 – 10 Portion Size / Carb Information	73g	16g	30g	16.7g	87g	23.6g	45g	22g	100g Jelly 50g Fruit 21.6g
	113g	22.1g	30g	16.7g	125g	37.6g	50g	21.4g	200g 26.4g

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ONLY AVAILAIBLE FOR SPECIAL DIETS WHEN REQUIRED

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(vgn) = Suitable Vegan & Halal Diet

WEEK 3 Summer 2025 Limited Allergen (Menu Matrix)									
	Monday		Tuesday		Wednesday	Thursday		Friday	
Limited Allergen Choice 1	LA Cheesy Tomato Pasta Bake		Battered Nuggets (VGN)			LA Pasta Bolognese		LA GF Fish Fingers	
Allergens	LU SU		G			LU SU		F	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	223g	47.8g	60g	5.5g		248g	43.6g	60g	9.6g
Limited Allergen Choice 2						LA Pasta Bolognese (vgn)		LA Fishless Finger (vgn)	
Allergens						LU SU SY		G	
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information						243g	47.1g	60g	17.5g
Limited Allergen Choice 3						LA Jacket Potato			
Allergens	X		X						
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	250g	56.5g	250g	56.5g					
Please Note – Sides and desserts are not pre-ordered. It they are not suitable from the standard menu, the below will be served with the pre-order choice instead where suitable									
Limited Allergens With (Allergens)	LA GF Pasta Side LU		LA Crispy Diced Potatoes SU			LA GF Pasta Side LU			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	100g	39.1g	104g	23.4g		100g	39.1g		
Limited Allergens Dessert	LA Frozen Smoothie		LA Cooks Muffin			LA Cooks Muffin			
Allergens	X		X			X			
PRIMARY SCHOOL Age 4 – 10 Portion Size / Carb Information	80g	14.4g	36g	17.7g		36g	17.7g		

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Salad Bar Item Examples

Item	Portion Size	Carbs
Carrot	10g	0.8g
Cucumber	10g	0.1g
Tomatoes	10g	0.4g
Lettuce	10g	0.1g
Apple	10g	1.1g
Orange	50g	4.5g
Coleslaw	20g	0.9g
Raisins	10g	6.9g
Plain Pasta (cooked)	100g	37g
Sliced Bread	Per ½ Slice (17g)	7g

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