tas TAS FOOD MENU

WEEK 1	MEAT	VEGETARIAN	DESERT
Monday	Roast Chicken and Rice	Tomato Pasta	Yoghurt
	Vegetables and Salad	Vegetables and Salad	and Fruit
Tuesday	Spaghetti Bolognaise	Vege Bolognaise, Garlic	Yoghurt
	Vegetables and Salad	Bread Vegetables and Salad	and Fruit
Wednesday	Jollof Rice & Chicken	Plain Rice	Yoghurt
	Vegetables and Salad	Vegetables and Salad	and Fruit
Thursday	Beef burgers, Potato Wedges Cheese Slices (for the burgers Optional) Vegetables and Salad	Vege Burgers, Potato Wedges Cheese Slices (for the burgers Optional) Vegetables and Salad	Yoghurt and Fruit
Friday	Fish Fingers	Vege Nuggets	Yoghurt
	Chips	Chips	and Fruit
	Vegetables and Salad	Vegetables and Salad	Ice Cream

















WEEK 2	MEAT	VEGETARIAN	DESERT
Monday	Chicken Curry Rice Vegetables and Salad	Mac and Cheese Vegetables and Salad	Yoghurt and Fruit
Tuesday	Chicken Noodles Vegetables and Salad	Vegetable noodles Rice Vegetables and Salad	Yoghurt and Fruit
Wednesday	Jollof Rice & Chicken Vegetables and Salad	Plain Rice Vegetables and Salad	Yoghurt and Fruit
Thursday	Spaghetti and Meatballs Rice Vegetables and Salad	Vegetable Pasta Vegetables and Salad	Yoghurt and Fruit
Friday	Chicken Nuggets Chips Vegetables and Salad	Cheese and Tomato Pizza Chips Vegetables and Salad	Yoghurt and Fruit and Ice Cream

IMPORTANT NOTICE FOR PARENTS & CARERS:

All meals are prepared in a nut-free kitchen. However, some menu items may contain or come into contact with other allergens, including gluten (wheat), milk, eggs, soya, sesame, fish, or shellfish.

We understand the individual dietary needs of our pupils. If your child has a food allergy, intolerance, or specific dietary requirement, please ensure this is shared with the school and updated regularly.

Our kitchen team follows strict guidelines to reduce the risk of cross-contamination, but we cannot guarantee any dish is completely free from allergens.

If you have any questions about the ingredients in our meals, please contact the school office or catering team directly.