

TAS FOOD MENU

WEEK 1	MEAT	VEGETARIAN	DESERT		
Monday	Chicken Curry & Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Vegetable Curry & Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Tuesday	Spaghetti Bolognese & Garlic Bread Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Tomato Pasta & Garlic Bread Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Wednesday	Roast Chicken thighs & Jollof Rice / Plain Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Jollof Rice / Plain Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Thursday	Chicken Sausages & Potatoes Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Vege Sausages & Potatoes Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Friday	Grilled Beef Burger & Cheese (optional) Salad – cucumber, lettuce, tomatoes Homemade Potato Wedges	Bean Burger & Cheese (optional) Salad – cucumber, lettuce, tomatoes Homemade Potato Wedges	Fruit and Yoghurt and Ice Cream		
WEEK 2	MEAT	VEGETARIAN	DESERT	IMPORTANT NOTICE FOR PARENTS & CARERS	
Monday	Spaghetti and Meatballs Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Tomato Pasta Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt	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.	
Tuesday	Grilled chicken breast burger & Cheese (optional) Salad – cucumber, lettuce, tomatoes Homemade Potato Wedges	Bean Burger & Cheese (optional) Salad – cucumber, lettuce, tomatoes Homemade Potato Wedges	Fruit and Yoghurt		
Wednesday	Roast Chicken thighs & Jollof Rice/ Plain Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Jollof Rice/ Plain Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Thursday	Beef Curry & Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Vegetable Curry & Rice Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt		
Friday	Baked breaded Cod & Rice or potatoes Peas Salad – cucumber, lettuce, tomatoes	Macaroni Cheese Vegetables - Carrot sticks, sweetcorn, broccoli, peas Salad – cucumber, lettuce, tomatoes	Fruit and Yoghurt and Ice Cream		