

# Week 1 Dairy & Egg Free HMS Menu

Please place your order at morning break as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Chicken Enchilada	Spaghetti Bolognese	Savoury Mince	Breaded Fish	Pasta with meat sauce
Daily vegetarian	Jacket Potato with Beans	Vegetable Quarter Pounder in a bun	Vegan sausage Roll	Vegan sausage	Vegan Pizza Baguette
Jacket potatoes with side salad or Ham Sandwich	Freshly Baked Jacket Potatoes with Vegan cheese, Beans Ham sandwich				
Dessert Option	Please ask for the daily Dairy free dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				

We cannot guarantee the absence of any specific allergen. Our team will be happy to talk to you about what we do in the kitchen to reduce the risks of allergen cross-contamination. Some of the ingredients used do not contain the allergen, however, some of the products we use may state that the product "may contain the allergen", "be manufactured in a facility that produces the food allergen" We endeavour as far as possible to be a nut-free school this includes sesame seeds. However, some products we use do say "May contain peanut" "Manufactured in a facility that uses peanut ingredients" or "Manufactured in a facility which processes peanuts"  
Please contact the school kitchen on 01434 610330 to discuss your child's dietary needs with the Catering manager.

## Week 2 Dairy & Egg Free HMS Menu

Please place your order at morning break as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Chili Beef & Tortilla Chips	Spaghetti Bolognese	Chicken Casserole	Beef Burger in a Bun	Chicken Goujon Wrap
Daily vegetarian	Pasta served with choice of Sauce with Garlic bread	Vegan Cheese panini	Vegetarian sausage	Vegetable burger in a bun	Pasta with choice of sauce
Jacket potatoes with side salad or Ham Sandwich	Freshly Baked Jacket Potatoes with Vegan cheese, Beans Or Ham Sandwich				
Dessert Option	Please ask for the daily Dairy dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				

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# Week 3 Dairy & Egg Free HMS Menu

Please place your order at morning break as the full choice of options may not be available at lunchtime if you have not ordered in advance.

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Tex Mex Burritos	Chicken Meatballs with Spaghetti	Oven baked Sausages	Chicken Nuggets or Fish fingers	Pasta with selection of sauce
Daily Vegetarian	Pasta with Tomato & Basil sauce	Vegan Cheese Panini	Vegan Sausage Roll	Spicy bean Burger in a bun	Jacket Potato with beans
Jacket potatoes with side salad or Ham Sandwich	Freshly Baked Jacket Potatoes with Vegan cheese, Beans Or Ham Sandwich				
Dessert Options	Please ask for the daily Dairy dessert option Alternatively Freshly Baked Cookies, Fresh Fruit Pots & Fresh Fruit are also available daily				

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