

Autumn / Winter

Allergen Aware Menu 2024/2025

Putting children at the heart of everything we do

75% of all our meals are made from scratch,
using local & seasonal ingredients.

Look out for our themed special menu days on the school website

Our Special Allergen Aware Menu

is free from

13 of the 14 common allergens

other than Fish,

Available every day in every school.



ALLERGIES/INTOLERANCES

Does your child have an allergy, health condition
or special dietary requirement?

Complete our Special Diet Registration Form which is
available from our website swnorse.co.uk

Your child may be eligible for a FREE school meal visit
www.gov.uk/apply-free-school-meals

For more info email us catering@swnorse.co.uk

Please note the menu may be subject to change.

AA WK 1

!! ALLERGEN AWARE MENU 24/25 !!

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	GF/DF Cheese & Tomato Pizza	GF/DF Chicken Curry & Rice	GF/DF Honey Roast Gammon	GF/DF Meatballs in a Tomato Sauce	GF/DF Fish Fingers
Hot Option 2	GF/DF Vegan Vegetable Patty	GF/DF Vegan Cheese & Cauliflower Pasta Bake	GF/DF Potato Topped Vegetable Pie	GF/DF Spiced Vegan Balls in a Tomato Sauce	GF/DF Vegan Veggie Fritters
Served with	GF/DF Diced Potatoes & Sweetcorn	GF/DF Broccoli	GF/DF Roast Potatoes Cabbage, Carrots & Gravy	GF/DF Pasta & Green Beans	GF/DF Crunchy Veg Sticks & Chips
Jacket Potato	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	
Dessert	IGF/DF Iced Fruit Smoothie	GF/DF Fruit Salad	GF/DF Flapjack	GF/DF Shortbread	GF/DF Organic Pip Ice Lolly

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar

AA WK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	GF/DF Macaroni Cheese	GF/DF Sausages	GF/DF Roast Chicken	GF/DF Beef Lasagne	GF/DF Fish Fingers
Hot Option 2	DF/GF Tomato & Basil Pasta Bake	GF/DF Vegetable Rice	GF/DF Broccoli Pasta Bake	GF/DF Vegan Lasagne	GF/DF Veggie Burger
Served with	GF/DF Broccoli	GF/DF Mashed Potato Carrots & Gravy	GF/DF Roast Potatoes Cabbage, Carrots & Gravy	GF/DF Green Beans	GF/DF Crunchy Veg Sticks & Chips
Jacket Potato	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	
Dessert	GF/DF Organic Pip Ice Lolly	AA/GF/DF Apple Crumble	GF/DF Fruit Salad	GF/DF Flapjack	GF/DF Shortbread

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar

AA WK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	GF/DF Cheese & Tomato Pizza	GF/DF Fish Pie	GF/DF Roast Pork & Apple Sauce	GF/DF Beef Bolognese	GF/DF Fish Fingers
Hot Option 2	GF/DF Vegan Mixed Bean Fajita	GF/DF Leek & Potato Pie	GF/DF Roasted Cauliflower 'Steak'	GF/DF Mediterranean Vegan Bolognese	GF/DF Vegan Pizza
Served with	GF/DF Potato Wedges & Sweetcorn	GF/DF Peas or Baked Beans	GF/DF Roast Potatoes Broccoli & Carrots Gravy	GF/DF Pasta Green beans	GF/DF Crunchy Veg Sticks & Chips
Jacket Potato	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	GF/DF Beans (Vegan Cheese available on request)	
Dessert	GF/DF Iced Fruit Smoothie	GF/DF Shortbread	GF/DF Fruit Jelly (V)	GF/DF Flapjack	GF/DF Organic Pip Ice Lolly

Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar