

# 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](http://swnorse.co.uk)

Your child may be eligible for a FREE school meal visit  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

For more info email us [catering@swnorse.co.uk](mailto:catering@swnorse.co.uk)

Please note the menu may be subject to change.

# !! ALLERGEN AWARE MENU 24/25 !!

## AA WK 1

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Cheese & Tomato Pizza	Chicken Curry & Rice	Honey Roast Gammon	<b>GF</b> Meatballs in a Tomato Sauce	<b>GF/DF</b> Fish Fingers
Hot Option 2	Vegan Vegetable Patty	Vegan Cheese & Cauliflower Pasta Bake	Potato Topped Vegetable Pie	Spiced Vegan Balls in a Tomato Sauce	Vegan Veggie Fritters
Served with	Roasted Diced Potatoes & Sweetcorn	Broccoli	Roast Potatoes Cabbage, Carrots & Gravy	<b>GF</b> Pasta & Green Beans	Baked Beans or Crunchy Veg Sticks & Chips
Jacket Potato	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)
Dessert	Iced Fruit Smoothie	Fruit Salad	<b>GF/DF</b> Flapjack	<b>GF/DF</b> Shortbread	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	<b>GF/DF</b> Macaroni Cheese	<b>GF</b> Sausages	Roast Chicken	GF Beef Lasagne	<b>GF/DF</b> Fish Fingers
Hot Option 2	<b>DF/GF</b> Tomato & Basil Pasta Bake	Vegetable Rice	<b>GF/DF</b> Broccoli Pasta Bake	<b>GF/DF</b> Vegan Lasagne	Veggie Burger
Served with	Broccoli	Mashed Potato Carrots & Gravy	Roast Potatoes Cabbage, Carrots & Gravy	Green Beans	Baked Beans or Crunchy Veg Sticks & Chips
Jacket Potato	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)
Dessert	Organic Pip Ice Lolly	<b>AA</b> Apple Crumble	Fruit Salad	<b>GF/DF</b> Flapjack	<b>GF/DF</b> 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	Cheese & Tomato Pizza	<b>GF/DF</b> Fish Pie	Roast Pork & Apple Sauce	Beef Bolognese	<b>GF/DF</b> Fish Fingers
Hot Option 2	Vegan Mixed Bean Fajita	<b>GF/DF</b> Leek & Potato Pie	Roasted Cauliflower 'Steak'	Mediterranean Vegan Bolognese	Vegan Pizza
Served with	Potato Wedges & Sweetcorn	Peas or Baked Beans	Roast Potatoes Broccoli & Carrots Gravy	<b>GF</b> Pasta Green beans	Baked Beans or Crunchy Veg Sticks & Chips
Jacket Potato	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)	Beans (Vegan Cheese available on request)
Dessert	Iced Fruit Smoothie	<b>GF/DF</b> Shortbread	Fruit Jelly (V)	<b>GF/DF</b> Flapjack	Organic Pip Ice Lolly

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