The Alton School Weekly menu

WEEK ONE: W/C 5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1/23



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Tuesday

Wednesday

Thursday

Pizza Margherita or				
Sweet Pepper, Olive & Pesto				
Pizza with Chef's Salad				
Eggs, Milk, Soybeans, Wheat				

Cottage Pie with Caramelised Onion & Thyme Gravy

Piri Piri Chicken with Sweetcorn Rice, Crunchy Coleslaw & Piri Piri Lemon & Herb Dressing Eggs, Milk, Mustard, Wheat Beef Penne Pasta with Garlic & Herb Focaccia Bread Eggs, Milk, Soybeans, Wheat Battered Fish with Chips & Tomato Sauce Fish, Wheat

Indian Style Vegetable Biryani with Chickpea Dahl Wheat

Tomato & Basil Pasta with Cheddar Cheese & Herb Bread Eggs, Milk, Soybeans, Wheat Red Pepper & Sweet Potato Pattie with Sweetcorn Rice, Crunchy Coleslaw & Piri Piri Lemon & Herb Dressing Eggs, Milk, Mustard, Wheat Pasta Primavera with Garlic & Herb Focaccia Bread Eggs, Milk, Soybeans, Wheat

Wholemeal Cheddar Cheese & Spinach Quiche with Chips Eggs, Milk, Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Apple Crumble with Custard Milk, Wheat

Chocolate & Orange Sponge with Chocolate Sauce Eggs, Milk, Wheat

Portuguese Style Mini Orange Cake with Fresh Orange Wedges Eggs, Milk, Wheat Berry Swirl Sponge with Custard Eggs, Milk, Wheat

Harrison Bear Chocolate Shortbread with Fresh Fruit Wedges Wheat

Available daily

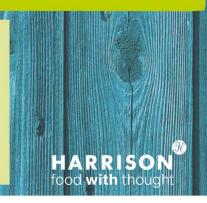
Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended
 as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore your child or the member
 of school staff who presents your child at the counter must check each time before being served with the food
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, they or school member must check each time before being served with the food.

Our allergen process is written to protect the welfare of the children.



The Alton School Weekly menu

WEEK TWO: W/C 12/9, 3/10, 31/10, 21/11, 12/12,16/1, 6/2/23



Monday

Tuesday

Wednesday

Thursday

Macaroni Cheese with Tomato & Basil Focaccia Bread Eggs, Milk, Soybeans, Wheat

Jacket Potato with Mild Beef Chilli & Sour Cream Milk, Wheat Jacket Potato with Baked Beans & Cheddar Cheese Milk Chicken Tikka Masala with Pilau Rice Milk, Wheat Beef Bolognaise with Fusilli Pasta & Tomato & Herb Breadstick Eggs, Milk, Soybeans, Wheat Battered Fish with Chips & Tomato Sauce Fish, Wheat

Sweet Potato Stir with Spiced Vegetable Rice Thai Style Salmon Fishcake with Sweet Chilli Sauce & Coconut Pilaf Fish, Milk, Wheat Sweet Potato, Carrot & Courgette Pakoras with Dhal & Pilau Rice Wheat Tuscan Style Tomato & Bean Sauce with Fusilli Pasta & Chef's Salad Wheat Chilli Bean Wrap with Salsa & Chips Wheat

Salad Selection

Vegetable Selection

Vegetable Selection

Eggs, Milk, Wheat

Lemon Sponge with Custard

Salad Selection

Carrot & Orange Cake with Custard Eggs, Milk, Wheat

Salad Selection

Vegetable Selection

Ice Cream with Fresh Fruit Wedges Milk

Salad Selection

Vegetable Selection

Marbled Sponge with Chocolate Sauce Eggs, Milk, Wheat

Oat & Raisin Cookie with Fresh Fruit Wedges Eggs. Wheat

Available daily

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Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

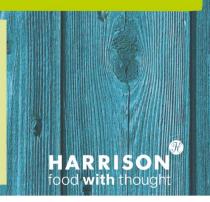
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The Alton School **Weekly menu**



Mondav

Tuesdav

Wednesdav

Thursday

Italian Style Tomato & Herb Pasta with Garlic & Herb Breadstick Eggs, Milk, Soybeans, Wheat

BBQ Style Chicken with Vegetable Rice & Winter Fruity Coleslaw

Eggs, Milk, Mustard, Wheat

Mexican Style Soft Chilli Beef Taco & Toppings (Cheese, Salsa, Sour Cream) with Refried Beans & Mexican Style Rice Milk, Wheat

Chicken Sausages with Mashed **Potatoes**

Battered Fish with Chips & **Tomato Sauce** Fish. Wheat

Japanese Style Sweet Potato, Carrot & Chickpea Curry with Egg Fried Rice Eggs, Milk, Soybeans, Wheat

Cheese & Chive Vegetable Pasta with Tomato Focaccia Bread

Eggs, Milk, Soybeans, Wheat

Mexican Style Vegetable Fajita & Toppings (Cheese, Salsa, Sour Cream) with Refried Beans & Mexican Style Rice Milk. Wheat

Pesto Style Pasta with a Mediterranean Style Salad with Olives & Croutons Eggs, Milk, Soybeans, Wheat

Carrot & Chickpea Falafel Pitta with Tomato Relish, Rainbow Ribbon Salad & Chips Mustard, Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Pineapple & Orange Sponge with Custard Eggs, Milk, Wheat

Apple & Berry Oat Bar with Custard Milk. Wheat

Jelly with Fresh Fruit Wedges

Chocolate Sponge with Chocolate Sauce Eggs, Milk. Wheat

Harrison Bear Lemon Shortbread with Fresh Fruit Wedges Wheat

Available daily

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