



MENU & ALLERGEN INFORMATION

Weeks One – Three

Willow Farm & Howard Wing Site

⚠ ALLERGEN & INGREDIENT INFORMATION

The ingredients below are provided to help parents/carers identify potential allergens in the school menu. Please check the full ingredient information carefully to see if your child has a food allergy or intolerance. Parents/carers who require further information should contact the school.

WEEK ONE

MONDAY

MENU ITEM	FULL INGREDIENTS
Chicken Nuggets	Chicken breast, flour , oil, salt, pepper.
Fish Fillet	- Cod/white fish fillet , flour , egg , salt, vegetable oil.

TUESDAY

MENU ITEM	FULL INGREDIENTS
Sausage	- Pork sausage meat, rusk , pork fat, potato starch, salt, white pepper, spices, sage.
Vegetable Pasta	- Pasta (flour , egg , water), vegetables.
Tuna Pasta	- Pasta (flour , egg , water), Tuna

WEDNESDAY

MENU ITEM	FULL INGREDIENTS
Roast chicken or Gammon	- Sliced chicken breast / sliced gammon joint. Roast potatoes, carrot, broccoli, peas. Stuffing – breadcrumbs, sage & mixed herbs. Yorkshire pudding – flour , egg , milk , salt. Gravy – flour , salt & pepper, OXO cube (yeast extract, beef bone stock, beef fat, onion powder, potato starch), vegetable water.



THURSDAY

MENU ITEM	FULL INGREDIENTS
Burger/Roll	- Beef burger, bread roll .
Fish Burgers	- Fish fillet , burger bun

FRIDAY

MENU ITEM	FULL INGREDIENTS
Pizza	- Flour -based pizza base, mozzarella cheese , tomato sauce, pepperoni.



WEEK TWO

MONDAY

MENU ITEM	FULL INGREDIENTS
Hot Dog	- Chicken, turkey & pork sausage, hot dog roll .
Vegetable Sausage	- Pea, sweetcorn, broccoli, swede, carrot.
Pesto Pasta	- Pasta , pesto sauce.

TUESDAY

MENU ITEM	FULL INGREDIENTS
Chicken Curry	- Chicken, wheat flour , curry powder, mustard , rapeseed oil.

WEDNESDAY

MENU ITEM	FULL INGREDIENTS
Yorkshire Pudding	- Flour , egg, milk , salt.

THURSDAY

MENU ITEM	FULL INGREDIENTS
Spaghetti Bolognese	- Pasta , minced beef, tomato sauce.
Mac & Cheese	- Pasta , Milk , cheddar cheese , butter , mustard powder .

FRIDAY

MENU ITEM	FULL INGREDIENTS
Pizza	- Flour-based pizza base, mozzarella cheese , tomato sauce, pepperoni.



WEEK THREE

MONDAY

MENU ITEM	FULL INGREDIENTS
Sausage Rolls	- Pork sausage meat, puff pastry .
Fish Fillet	- Cod/white fish fillet, flour, egg , salt, vegetable oil.

TUESDAY

MENU ITEM	FULL INGREDIENTS
Chicken Chow Mein with Noodles	- Chicken curry/chow mein sauce, egg noodles, soy sauce .
Chicken Fajita with Noodles	- Chicken breast, onions, peppers, fajita seasoning, tortilla wrap .

WEDNESDAY

MENU ITEM	FULL INGREDIENTS
Yorkshire Pudding	- Flour, egg, milk , salt.

THURSDAY

MENU ITEM	FULL INGREDIENTS
Lasagne	- Pasta sheets , beef, cheese sauce, cheese .
Pesto Pasta	- Pasta , pesto sauce.

FRIDAY

MENU ITEM	FULL INGREDIENTS
Pizza	- Flour-based pizza base, mozzarella cheese , tomato sauce, pepperoni.