

Winter 2024 Vale Fed

WEEK 1: Monday 8th Jan

WEEK 4: Monday 29th Jan



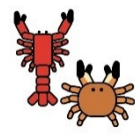
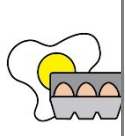
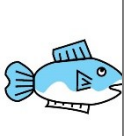









Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets, Diced Potatoes and Seasonal Vegetables	Cheese & Tomato Pizza, Potato Wedges & Baked Beans	Chicken Casserole, Rice & Seasonal Vegetables	Spaghetti Bolognese with Grated Cheddar & Garlic Bread	Battered Haddock, Chips & Baked Beans
Quorn Nuggets, Diced Potatoes and Seasonal Vegetables		Cheese Tortellini in Tomato Sauce and Seasonal vegetables	Veg Bolognese with Grated Cheddar and Garlic Bread	Quorn Fingers, Chips & Baked Beans
Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads
Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>
Ice Cream	Muffin	Yoghurt	Flapjack	Fruit Pot

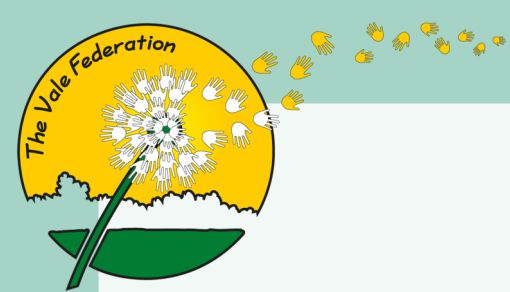
Meals may contain allergens (eg. gluten, milk, eggs, fish, soybeans, mustard, celery, sulphur dioxide/sulphates, etc.) Please let us know of any special requirements. We do not use halal or kosher meat in our meals.

Meals can be changed without notice due to supply chain issues. A similar alternative will always be prioritised

DISHES AND THEIR ALLERGEN CONTENT – Booker Park School – Winter 2024

[illegible]

DISHES														
Main Menu Wk 1 & 4	Celery	Cereals contain- ing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Salads with May- onnaise				✓										
Yoghurt							✓							
Bread		✓											✓	
Cheese							✓							
Jacket Potato														
Tuna Mayo				✓	✓									
Packed lunch		Sandwich Biscuit Cake		Tuna Mayo Cake	Tuna Mayo		Cheese Cake Yoghurt					Hummus	Bread Cake Biscuit (May)	



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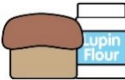


WEEK 2: Monday 15th Jan



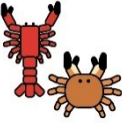
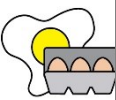

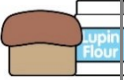








WEEK 5: Monday 5th Feb

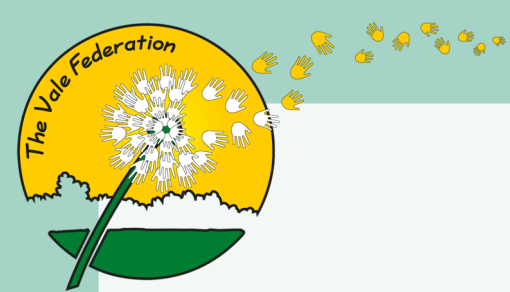
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Sausages, Mash & Gravy with Baked Beans	Lamb Curry, Rice, Naan Bread & Seasonal Vegetables	Roast Chicken, Roast Potatoes, Gravy & Seasonal Vegetables	Cottage Pie and Seasonal Vegetables	Fish Cakes, Chips & Baked Beans
Vegetarian Sausages, Mash & Gravy with Baked Beans	Quorn & Lentil Curry, Rice, Naan Bread & Seasonal Vegetables	Quorn Buffalo Wings, Roast Potatoes, Gravy & Seasonal Vegetables	Vegetable Pie and Seasonal Vegetables	Quorn Fingers, Chips and Baked Beans
Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads
Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>
Ice Cream	Muffin	Soreen Fruit Bar	Victoria Sponge	Jelly

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DISHES														
Main Menu Wk 2 & 5	Celery	Cereals contain- ing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Sausag- es		✓												
Vegetarian Sau- sages		✓												
Mashed Potato							✓							
Gravy														
Baked Beans														
Ice Cream							✓							
Lamb Curry	✓													
Quorn & Lentil Curry	✓			✓										
Rice														
Naan Bread		✓					✓							
Muffin		✓		✓			✓						✓	

DISHES														
Main Menu Wk 2 & 5	Celery	Cereals contain- ing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Salads with May- onnaise				✓										
Yoghurt							✓							
Bread		✓											✓	
Cheese							✓							
Jacket Potato														
Tuna Mayo				✓	✓									
Packed lunch		Sandwich Biscuit Cake		Tuna Mayo Cake	Tuna Mayo		Cheese Cake Yoghurt					Hummus	Bread Cake Biscuit (May)	



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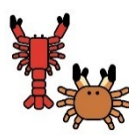
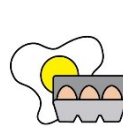
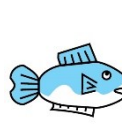
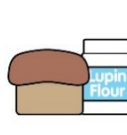









WEEK 3: Monday 22nd Jan

WEEK 6: Monday 19th Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger, Chips and Baked Beans	Quorn Chilli, Rice and Seasonal Vegetables	Crumbed Chicken Breast, Hash Browns & Seasonal Vegetables	Greek Lasagne, Garlic Bread and Seasonal Vegetables	Fish Fingers, Chips and Baked Beans
Veg Burger, Chips and Baked Beans		Quorn Escalope , Hash Browns & Seasonal Vegetables	Veg Lasagne, Garlic Bread and Seasonal Vegetables	Quorn Fingers, Chips and Baked Beans
Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads	Jacket Potato, Baked Beans & Cheese <u>or</u> Tuna Mayo & Cheese and Salads
Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>	Packed Lunch <i>Cheese <u>or</u> Tuna Mayo Sandwich, Juice, Fruit, Cucumber/Carrot Sticks, Yoghurt, Cake, Cheese & Biscuits</i>
Ice Cream	Muffin	Rainbow Cookie	Lemon Drizzle Cake	Donut

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DISHES														
Main Menu Wk 3 & 6	Celery	Cereals contain- ing gluten	Crusta- ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Salads with May- onnaise				✓										
Yoghurt							✓							
Bread		✓											✓	
Cheese							✓							
Jacket Potato														
Tuna Mayo				✓	✓									
Packed lunch		Sandwich Biscuit Cake		Tuna Mayo Cake	Tuna Mayo		Cheese Cake Yoghurt					Hummus	Bread Cake Biscuit (May)	
Review date: OCT 2024				Reviewed by:	G.SHAW 06/10/2023								You can find this template, including more information at www.food.gov.uk/allergy	
Please note that fruit and vegeta- bles that are not listed are free from the above aller- gens.	**This is designed to be a guide only. Further details about specific products may be obtained from the school. Contact: Head Chef: Ronald Bailey rbailey@thevalefederation.com Tel. 01296-745824 M-F 07h00-13h30				Every effort is made to ensure that fish meals do not contain bones. However it is possible that whole fish pieces may contain bones. Meat used in all our meals is not Halal or Kosher.									