

Brooklands Primary School - Allergy Free

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THEME DAYS

MAIN



DF/GF BBQ Chicken Pizza

Piri Piri Chicken

Roast Chicken

Chicken Curry

Bunless Homemade Beef Burger with Chips

VEGGIE



DF/GF Veggie Supreme Pizza

Jacket Potato with Baked Beans and DF Cheese

Roasted Root Vegetable Pie with Gravy

Allergy Free Vegetable Curry

Jacket Potato with Baked Beans and DF Cheese

SIDES



Homemade Potato Wedges & Green Salad

Steamed Rice & Green Beans

Boiled Potatoes with Roasted Carrots & Parsnips

Steamed Rice & Green Beans

Beans or Peas

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket Potato with Baked Beans and DF Cheese

GF Tomato & Basil Pasta

Jacket Potato with Baked Beans and DF Cheese

DF/GF Cheesy Pasta

PUD



Chef's Allergen Free Cake

Chef's Allergen Free Cake

GF Apple Crumble

Chef's Allergen Free Cake

GF Shortbread Biscuit

DAILY SALAD BAR | FRESH FRUIT



DATES

1 SEP / 22 SEP /
13 OCT / 10 NOV /
1 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG






Olive
dining
food with passion

Brooklands Primary School - Allergy Free

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	Chicken Stir Fry	Bunless Homemade Beef Burger	Roast Chicken & Gravy	Beef Bolognese with GF Pasta	DF/GF BBQ Chicken Pizza with Chips
VEGGIE 	Stir Fried Vegetables	Bunless Spinach & Chickpea Burger	Roasted Vegetable Cottage Pie	DF/GF Mac & Cheese	DF/GF Cheese & Tomato Pizza with Chips
SIDES 	Steamed Rice & Stir Fried Greens	Homemade Potato Wedges with Baked Beans or Green Salad V	Boiled Potatoes with Roasted Carrots & Parsnips	Mixed Green Salad	Beans or Peas V
PASTA & JACKET 	GF Vegan Roasted Vegetable Pasta	Jacket Potato with Baked Beans and DF Cheese	GF Tomato & Basil Pasta	Jacket Potato with Baked Beans and DF Cheese	DF/GF Cheesy Pasta
PUD 	GF Chocolate Shortbread Biscuit	Fresh Fruit V	GF Winter Fruit Crumble	Chef's Allergen Free Cake	Fruit Jelly V
DAILY SALAD BAR FRESH FRUIT					

THEME DAYS



DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY
G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS

* = MAY CONTAIN
V = VEGAN
S = SEASONAL VEG



Brooklands Primary School - Allergy Free

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Jerk Chicken Curry	Beef Bolognese with GF Pasta	Homemade Chicken Meatballs & Gravy	Roast Chicken & Homemade Potato Wedges	DF/GF Veggie Supreme Pizza with Chips
VEGGIE	Allergen Free Vegetable Curry	DF/GF Roasted Squash & Root Vegetable Pasta	Roasted Vegetable Cottage Pie	Honey Glazed Beans & Vegetables	Jacket Potato with Baked Beans and DF Cheese
SIDES	Rice & Peas With Green Beans V	Mixed Green Salad V	Boiled Potatoes with Roasted Carrots & Parsnips	Carrots & Green Beans V S	Beans or Peas V
PASTA & JACKET	GF Vegan Roasted Vegetable Pasta	Jacket Potato with Baked Beans and DF Cheese	GF Tomato & Basil Pasta	Jacket Potato with Baked Beans and DF Cheese	DF/GF Cheesy Pasta
PUD	Chef's Allergen Free Cake	Fruit Jelly V	Chef's Allergen Free Cake	GF Apple Crumble	GF Vanilla Shortbread Biscuit
DAILY SALAD BAR FRESH FRUIT					

THEME DAYS



DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
 CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR **V** = VEGAN
 E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS **S** = SEASONAL VEG

