MOSS HALL SCHOOLS FEDERATION - ALLERGY FREE

WEEK 1 WEEK 3



THEME DAYS

TIME TO BAKE

Time to Bake

WORLD MUSIC DA

WIMBLEDON

SUMMER TIME

SUMMER

MAY 2025

JUNE 2025

JULY 2025



TOMATO & BASIL GF **PASTA**

MONDAY

SWEET & SOUR CHICKEN

(NO CELERY)

TUESDAY

ROAST CHICKEN & GRAVY

WEDNESDAY

CHICKEN CURRY

THURSDAY

GF FISH FINGERS & CHIPS

(F)



TOMATO & BASIL GF **PASTA**

SWEET & SOUR BUTTERNUT SQUASH & VEGETABLES

(NO CELERY)

CAULIFLOWER STEAK

BUTTERNUT SQUASH & SPINACH CURRY

JACKET POTATO WITH DF CHEESE & BAKED

BEANS





GREEN SALAD

STEAMED RICE & **GREEN SALAD**

RUSTIC ROAST POTATOES WITH ROAST CARROTS & PARSNIPS

S

STEAMED RICE & CABBAGE

BEANS OR PEAS



FRUIT JELLY

FRUIT JELLY

FRESH FRUIT

CHEF'S ALLERGEN FREE CAKE

ICED FRUIT LOLLY

JACKET POTATO | DAILY SALAD BAR | FRESH FRUIT

DATES

21ST APRIL / 12TH MAY / 9TH JUNE / 30TH JUNE / 21ST JULY

CR = CRUSTACEAN E = EGGS

F = FISH G = GLUTEN G/B = BARLEY

G/O = OATS

MO = MOLLUSCS

P = PEANUTS

SE = SESAME SEEDS

* = MAY CONTAIN V = VEGAN

ALLERGENS

L = LUPIN MU = MUSTARD

SO = SOYA

🕥 = SEASONAL VEG

MOSS HALL SCHOOLS FEDERATION - ALLERGY FREE

WEEK 3



THEME DAYS

TIME TO BAKE

Time to Bake

WORLD MUSIC DA

WIMBLEDON

SUMMER TIME

MAY 2025



TUESDAY

WEDNESDAY

THURSDAY

DF/GF BBQ CHICKEN PIZZA

MONDAY

BEEF & MIXED BEAN CHILLI CON CARNE

BEEF BOLOGNESE WITH GF PASTA

DF/GF CHERRY TOMATO & SPINACH PASTA

GF FISH & CHIPS (F)





DF/ GF MARGHERITA PIZZA

V

VEGETABLE & MIXED BEAN CHILLI CON CARNE

VEGETABLE BOLOGNESE WITH GF PASTA

V

DF/GF CHERRY TOMATO & SPINACH PASTA

JACKET POTATO WITH DF CHEESE & **BAKED BEANS**





HOMEMADE POTATO **WEDGES & GREEN SALAD**

S

STEAMED RICE WITH **BROCCOLI & SWEETCORN**

RUSTIC ROAST POTATOES WITH ROAST CARROTS & PARSNIPS

PEAS & CARROTS

BEANS OR PEAS

S



FRUIT JELLY GF SHORTBREAD

FRUIT POT

CHEF'S ALLERGEN FREE CAKE

ICED FRUIT LOLLY

SUMMER

JULY 2025

JACKET POTATO | DAILY SALAD BAR | FRESH FRUIT

8TH APRIL / 19TH MAY / 16TH JUNE / 7TH JULY

E = EGGS

G = GLUTEN G/B = BARLEY

G/O = OATS

MO = MOLLUSCS

ALLERGENS

MU = MUSTARD

SO = SOYA

* = MAY CONTAIN



DATES

F = FISH

P = PEANUTS

🕥 = SEASONAL VEG

MOSS HALL SCHOOLS FEDERATION - ALLERGY FREE

WEEK 1 WEEK 3



THEME DAYS

TIME TO BAKE



TUESDAY MONDAY

> **BUNLESS HOMEMADE BEEF BURGER**

ROAST CHICKEN & GRAVY

WEDNESDAY

DF/GF CHICKEN & **BROCCOLI PASTA**

THURSDAY

GF FISH FINGERS & CHIPS **(F)**



WORLD MUSIC DA

VEGGIE

WRAPLESS **VEGETABLE & BEAN FAJITA** V

WRAPLESS CHICKEN

FAJITAS

BUNLESS CHICKPEA & SPINACH BURGER

V

JACKET POTATO WITH **DF CHEESE & BAKED BEANS**

V

DF/GF CHERRY **TOMATO & SPINACH PASTA**

GF/DF MARGHERITA PIZZA





PUD 🗳

SPICY RICE & GREEN SALAD

S

HOMEMADE POTATO WEDGES. **BAKED BEANS & GREEN SALAD**

RUSTIC ROAST POTATOES WITH ROAST CARROTS & PARSNIPS S

GREEN SALAD

BEANS OR PEAS





FRUIT JELLY

FRUIT POT

S

FRUIT POT

G/F SHORTBREAD

ICED FRUIT LOLLY



JUNE 2025

SUMMER TIME

SUMMER

JACKET POTATO | DAILY SALAD BAR | FRESH FRUIT

DATES

6TH MAY / 2ND JUNE / 23RD JUNE / 14TH JULY

E = EGGS

F = FISH G = GLUTEN G/B = BARLEY

G/O = OATS

L = LUPIN MO = MOLLUSCS

ALLERGENS

MU = MUSTARDP = PEANUTS

SO = SOYASE = SESAME SEEDS

* = MAY CONTAIN V = VEGAN 🕥 = SEASONAL VEG

