

Moss Hall 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

Allergy Free Vegetable
Curry

GF Fish & Chips
(F)

VEGGIE



DF/GF Veggie Supreme
Pizza

Jacket Potato with Baked
Beans & DF Cheese

Roasted Root Vegetable
Pie with Gravy

Allergy Free Vegetable
Curry

Jacket Potato with Baked
Beans & 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 & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

PUD



Fruit Jelly

Chef's Allergen Free Cake

GF Apple Crumble

Fruit Jelly

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

Moss Hall Primary School - Allergy Free

WEEKLY MENU

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MONDAY

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THEME DAYS

MAIN



Chicken Stir Fry

Bunless Homemade Beef Burger

Roast Chicken & Gravy

DF/GF Cherry Tomato & Spinach Pasta

GF Fish Fingers & Chips (F)

VEGGIE



Stir Fried Vegetables

Bunless Spinach & Chickpea Burger

Roasted Vegetable Cottage Pie

DF/GF Mac & Cheese

DF/GF Cheese & Tomato Pizza

SIDES



Steamed Rice & Stir Fried Greens

Homemade Potato Wedges with Baked Beans or Green Salad

Rustic Roast Potatoes with Roasted Carrots & Parsnips

Mixed Green Salad

Beans or Peas

V

V S

V

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

PUD



Fruit Jelly

Chef's Allergen Free Cake

GF Winter Fruit Crumble

Fruit Jelly

Fruit Jelly

V

V

V

DAILY SALAD BAR | FRESH FRUIT



DATES

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

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WEEKLY MENU

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MONDAY

TUESDAY

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THEME DAYS

MAIN



Chicken Curry

Beef Bolognese with GF Pasta

Roast Chicken

BBQ Vegetables & Homemade Potato Wedges

GF Fish & Chips (F)

VEGGIE



Allergy Free Vegetable Curry

DF/GF Roasted Squash & Root Vegetable Pasta

Roasted Root Vegetable Pie with Gravy

Honey Glazed Beans & Vegetables

Jacket Potato with Baked Beans & DF Cheese

SIDES



Rice & Peas with Green Beans

Mixed Green Salad

Boiled Potatoes with Roasted Carrots & Parsnips

Carrots & Green Beans

Beans or Peas

PASTA & JACKET



GF Vegan Roasted Vegetable Pasta

Jacket & Salad

GF Tomato & Basil Pasta

Jacket & Salad

DF/GF Cheesy Pasta

PUD



Fruit Jelly

Fruit Jelly

Chef's Allergen Free Cake

Fruit Jelly

GF Vanilla Shortbread Biscuit

DAILY SALAD BAR | FRESH FRUIT



DATES

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

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