

Sesame Free – Lyndhurst Primary

WEEK 1
WEEK 2
WEEK 3



Please note
AA in a dish name
refers to **Allergy Aware**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Hoi Sin Quorn & Vegetable Stir Fry	Super Swirl Beefy Pasta	Garden Patch Pie	Chicken & Tomato Pasta Bake	Captain's Crispy Fish Fingers or Salmon Star Fishcake
VEGGIE	Veggie Cottage Pie	Sweet & Sour Roasted Vegetables	Vegetable Biryani	Bunless Spinach & Chickpea Burger 679531	Vegan Nuggets
SIDES	Steamed Rice with Sweetcorn & Green Beans	Carrots & Broccoli	Rustic Roast Potatoes with Seasonal Vegetables	Sweetcorn & Carrots	Chips with Beans or Peas
PASTA & JACKET	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta
PUD	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Lemon Drizzle Cake
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

Only serve what is on this menu

No sesame or products flavoured/containing these

This menu is written based on the halal menu. If you are using standard recipes this menu should not be used.

DATES

31 AUG / 21 SEPT /
12 OCT / 09 NOV /
30 NOV

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mega Mac & Beefy Topper	Mild Chicken Tikka Masala & Steamed Rice	Lightly Spiced Chicken	Layered Beefy Lasagne	Pepperoni Pizza
VEGGIE	Roasted Butternut Squash Topped Mac & Cheese	Tuscan Vegetable Pasta	Veggie Sausage & Gravy	Homemade Roasted Squash & Root Vegetable Lasagne	Bunless Spinach & Chickpea Burger with Chips 782962
SIDES	Sweetcorn & Peas	Carrots & Green Beans	Paprika Diced Potatoes & Sweetcorn	Broccoli	Crispy Wedges & Beany Beans
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta	Jacket Potato with a Choice of Fillings
PUD	Apple Sponge & Custard	Vanilla Shortbread	Sticky Toffee Apple Crumble with Custard	Jam Sponge with Custard	Cool School Ice Cream
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

07 SEPT / 28 SEPT
/ 19 OCT / 16 NOV /
07 DEC

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sticky Chicken Pasta Bake	Cowboy Beef Chilli	Roast Chicken & Gravy	Jerk Chicken Curry	Crispy Catch Fish & Chips
VEGGIE	Butter Plant Based Curry	Tuscan Vegetable Pasta	Vegetable Biryani	Cheese & Tomato Pasta Bake	Vegan Nuggets & Chips
SIDES	Broccoli	Steamed Rice & Broccoli	Rustic Roast Potatoes & Seasonal Vegetables	Rice & Peas	Beans or Peas
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings
PUD	Winter Berry Cake	Syrup Sponge with Custard	Oaty Crunch Cookie	Mixed Berry Crumble with Custard	West Indian Fruit Cake
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

14 SEPT / 05 OCT /
02 NOV / 23 NOV /
14 DEC

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