

Sesame Free - Mora

WEEK 1
WEEK 2
WEEK 3



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Butter Chicken Curry	Tomato & Olive Arrabiatta	Roast Chicken Fillet & Pan Gravy	Bunless Homemade Beef Burger 670554	Chicken Nuggets
VEGGIE	Butter Plant Based Curry	Super Swirl Veggie Pasta	Cheesy Veggie Hot Pot	Bunless Spinach & Chickpea Burger 679531	Vegan Nuggets
SIDES	Peas, Sweetcorn & Green Beans	Carrots & Broccoli	Rustic Roast Potatoes with Seasonal Vegetables	Homemade Potato Wedges with Beany Beans	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	Jam & Coconut Sponge with Custard	Golden Pear Crumble Crunch with Custard	Oat & Berry Cake with Fruit Coulis	Fruit Yoghurt	Chocolate Cake & Custard
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	Mild Beef & Veggie Casserole	Chicken & Tomato Pasta Bake	Pepperoni Pizza
VEGGIE	Roasted Butternut Squash Topped Mac & Cheese	Mild Vegetable Tikka Masala	Roasted Vegetable Casserole	Cheese & Tomato Pasta Bake	Margherita Pizza
SIDES	Sweetcorn & Peas	Steamed Rice with Carrots & Green Beans	Peas & Carrots	Sweetcorn & Carrots	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	Summer Fruit Cheesecake	Chocolate Shortbread Biscuit	Sticky Toffee Apple Crumble with Custard	Fruit Yoghurt	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	Mild Beef & Vegetable Casserole	Cowboy Beef Chilli	Roast Chicken & Gravy	Jerk Chicken Curry	Crispy Catch Fish & Chips
VEGGIE	Roasted Vegetable Casserole	Tex Mex Mild Veggie Chilli	Roast Jerk Quorn Fillet	Vegetable & Lentil Bolognese with Pasta	Cheesy Pizza & Chips
SIDES	New Potatoes & Peas	Steamed Rice & Broccoli	Rustic Roast Potatoes & Seasonal Vegetables	Peas & Sweetcorn	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	Mango Cheesecake	Oaty Crunch Cookie	Fruit Yoghurt	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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