

HOLY CROSS SCHOOL MENU

September 2023 – July 2024

V - Suitable for Vegetarians

Allergen information is on the next page

You may only choose 1 option below (meat OR veg)

		WEEK 1:	WEEK 2:	WEEK 3:
		4 th Sep, 25 th Sept, 16 th Oct, 13 th Nov, 4 th Dec, 8 th Jan, 29 th Jan, 26 th Feb, 18 th Mar, 22 nd Apr, 13 th May, 10 th Jun, 1 st Jul, 22 nd Jul	11 th Sep, 2 nd Oct, 30 th Oct, 20 th Nov, 11 th Dec, 15 th Jan, 5 th Feb, 4 th Mar, 25 th Mar, 29 th Apr, 20 th May, 17 th Jun, 8 th Jul	18 th Sep, 9 th Oct, 6 th Nov, 27 th Nov, 1 st Jan, 22 nd Jan, 19 th Feb, 11 th Mar, 15 th Apr, 6 th May, 3 rd Jun, 24 th Jun, 15 th Jul
OPTIONS: MEAT	Monday	Tomato and Basil pasta with garlic Bread (A-2-7-13) OR Macaroni cheese with garlic bread Sliced green bean (A2-7-13)	Monday	Monday
VEGETARIAN			Pasta with chicken meatballs in tomato sauce (A2) OR Vegetable chilli with wholegrain rice, country mixed vegetables, mash potatoes	Cheese and tomato pizza (A2-7) OR Sweet potato and chickpea korma with steamed wholegrain rice Peas, sweetcorn, steamed new potatoes
Sides Dessert		Mini Fruit Doughnut (A2-4-7-13)	Mini Fruit muffin (A2-4-7-13)	Fruit cookie A-2
OPTIONS: MEAT	Tuesday	Chicken tikka masala with wholegrain rice, garlic and coriander naan bread OR Baked potatoes with various fillings (A4-5-7) Served with peas	Tuesday	Tuesday
VEGETARIAN			Chicken and vegetable balti with wholegrain rice OR Baked potato with various fillings (A4-5-7) Green beans.	Chicken Burger (A1-2) OR Baked potato with various fillings Baked beans, sweetcorn. oven baked herbie potatoes(A4-5-7)
Sides Dessert		Butterscotch mousse (A7)	Chocolate Brownie (A2-4-7)	Banana cake (A2-4-7)
OPTIONS: MEAT	Wednesday	Toad in the hole(A2-4-7) OR Baked potato with various fillings (A4-5-7) Country mixed vegetables, mash potato	Wednesday	Wednesday
VEGETARIAN			BBQ chicken pizza (A2-7) OR Jacket potato with various fillings (A4-5-7) Peas, sweetcorn, over baked herbie potatoes	Savoury pork sausage roll (A7-2) OR Baked Potato with various fillings (A4-5-7) Sliced green bean, mash potatoes, gravy
Sides Dessert		Chocolate chip cookies (A7-2)	Strawberry jelly	Chocolate iced sponge (A2-4-7)
OPTIONS: MEAT	Thursday	Roast chicken with sage and onion stuffing (A2) OR Roasted Quorn fillet with stuffing (A2)	Thursday	Thursday
VEGETARIAN			Roast pork with yorkshire pudding (A2-4-7) OR Quorn dippers with yorkshire pudding(A2-4-7)	Roast chicken & yorkshire pudding (A2-4-7) OR Quorn sausage with yorkshire pudding (A2-4-7)
Sides Dessert		Carrots, broccoli, roast potatoes & gravy (A13) Marble sponge cake (A2-4)	Carrots, roast potatoes, green beans, gravy (A13) Lemon drizzle cake (A2-4-7)	Carrots, cabbage, roast potatoes, gravy (A13) Date slice A2
OPTIONS: MEAT	Friday	Oven baked breaded jumbo fish finger (A2-5) OR Oven baked Quorn sausage (A2)	Friday	Friday
VEGETARIAN			Oven baked fish cake (A2-5) OR Oven baked vegetable burger	Oven baked breaded fish fillet (A2-5) OR Mini Danish pastries (A2)
Sides Dessert		Peas, baked beans & oven baked chips Raspberry ripple mousse (A7)	Peas, baked beans, oven baked chips Cornflake crunch (A2-7)	Peas, baked beans, oven baked chips Fruit mousse (A7)



Please note:

- As a Catholic school we do not provide Halal food.
- Children with gluten intolerances should be provided with a packed lunch from home if parents feel that there is no suitable meal choice on our school menu.
- If your child has a specific dietary or medical requirement please update the school with this information. There is a Medical Form to complete, sign and return. If your child has to take prescribed medication in school, please provide this to the school with your child's details on the printed label, although medication should be taken at home where possible.

From December 2014, changes from the European Union state that we must notify you of every allergen in the ingredients we use. This has been implemented as directed by the Food Standards Agency. On this page is a key to the numbers relating to each ingredients used on this menu.

Note: 10 means that the packaging states 'May contain nuts' as this is produced in a factory that also processes products that contain nuts. None of our food contains actual nuts.

This document can be found on our website: <http://www.holycross.swindon.sch.uk/>

For more information, visit:

Websites: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to allergy alerts: food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook
 Keep connected: food.gov.uk/facebook
 Join the conversation: @[food.gov.uk/twitter](https://twitter.com/food.gov.uk) or watch on food.gov.uk/youtube

14 Allergens Coming to a food label near you

The Food Standards Agency

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 Crustaceans**
Crabs, lobster, prawns and scampi are crustaceans. Shrimp pasta, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 Fish**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, milk powder and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 Molluscs**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marmades, meat products, salad dressings, sauces and soups.
- 10 Nuts**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11 Peanuts**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 Sesame seeds**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, hummous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 Soya**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in dessert, ice cream, meat products, sauces and vegetarian products.
- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook
 Let's keep connected at: food.gov.uk/facebook
 Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)
 Watch us on food.gov.uk/youtube

(10) means- that the packaging states 'May contain traces of nuts' as this is produced in a factory that also processes products containing nuts. None of our foods contain actual nuts.