



## HAF Menus Summer 2025

### Lunch Menu (In School Days)

	<b>Tuesday 29/07/2025 Week 1</b>	<b>Tuesday 05/08/2025 Week 2</b>	<b>Tuesday 12/08/2025 Week 3</b>	<b>Tuesday 19/08/2025 Week 4</b>
<b>Main 1</b>	Roast Beef served with Yorkshire pudding and gravy Roast beef cooked in Gluten free Gravy with Yorkshire pudding <b>SOYA, MILK, WHEAT, EGG</b>	Lasagne Minced beef, onion, garlic, mixed herbs, chopped tomatoes, black pepper, cheese, lasagne sheets, white sauce <b>WHEAT MILK</b>	Roast Chicken served with stuffing ball and gravy Roast Chicken, cooked in gluten free gravy with a stuffing ball. <b>CEREAL, WHEAT, SOYA</b>	Chicken Goujons served with a wrap Battered Chicken Goujons, Wrap <b>WHEAT, MILK, EGG</b>
<b>Main 2</b>	Quorn Roast served with Yorkshire pudding and gravy Quorn Roast, served in gluten free gravy with Yorkshire pudding. <b>MILK, WHEAT, SOYA, EGG</b>	Vegetable Lasagne Quorn Mince, onion, peppers, lentils, garlic, mixed herbs, chopped tomatoes, black pepper, lasagne sheets, cheese, white sauce <b>EGG, WHEAT, MILK</b>	Quorn Roast served with Stuffing ball and gravy Quorn Roast, served in gluten free gravy with a stuffing ball <b>EGG, CEREAL, WHEAT SOYA</b>	Vegetable Nuggets Seasoned mixed vegetables, in a breadcrumb nugget <b>CEREAL, WHEAT</b>
<b>Main 3</b>	Jacket Potato served with Cheese or Beans and side salad Potato baked, cheese, baked beans, lettuce, tomato, cucumber <b>MILK</b>	Jacket Potato served with Cheese or Beans and side salad Potato baked, cheese, baked beans, lettuce, tomato, cucumber <b>MILK</b>	Jacket Potato served with Cheese or Beans and side salad Potato baked, cheese, baked beans, lettuce, tomato, cucumber <b>MILK</b>	Jacket Potato served with Cheese or Beans and side salad Potato baked, cheese, baked beans, lettuce, tomato, cucumber <b>MILK</b>
<b>Accompaniment 1</b>	Mashed Potato Potatoes steamed, margarine	Garlic Bread Garlic baguette slice, parsley <b>WHEAT, MILK</b>	Roast Potatoes Cooked in sunflower oil	Seasoned Wedges Seasoned potato wedges baked
<b>Accompaniment 2</b>	Carrots Peas	Broccoli Sweetcorn	Carrots Peas	Mixed Salad Mayonnaise Sachet <b>EGG, MUSTARD</b>
<b>Dessert 1</b>	Lemon Drizzle Cake Self-raising flour, sugar, eggs, margarine, lemon <b>WHEAT, EGG</b>	Coco Sponge Self-raising flour, coco powder, margarine, sugar, eggs <b>WHEAT, EGG</b>	Blueberry and Lemon Sponge Self-raising flour, eggs, margarine, sugar, lemon, blueberries <b>WHEAT, EGG,</b>	Coco Orange Sponge Self-raising flour, eggs, margarine, sugar, coco powder, orange essence, <b>WHEAT, EGG,</b>
<b>Dessert 2</b>	Fresh Fruit or Yoghurt Low fat yoghurt <b>MILK</b>	Fresh Fruit or Yoghurt Low fat yoghurt <b>MILK</b>	Fresh Fruit or Yoghurt Low fat yoghurt <b>MILK</b>	Fresh Fruit or Yoghurt Low fat yoghurt <b>MILK</b>

**Packed Lunch Menu Including Allergens (Wednesday – Trip Days)**

Items	Allergens
Ham Baguette (Sandwich Option 1)	WHEAT
Cheese Baguette (Sandwich Option 2)	WHEAT, MILK
Cheese and Crackers	MILK, WHEAT, BARLEY
Carrot and Cucumber sticks	
Sultana Flapjack /Cake (Dessert Option 1)	WHEAT
Fresh Fruit	
Bottle of Water	

**Breakfast Menu (In School Days)**

Option 1	50/50 Toast with low fat spread (WHEAT)
Option 2	Low Sugar, Wholegrain Low Sugar Cereals (Shreddies, Cornflakes and Weetabix) with Low Fat Milk (WHEAT, BARLEY, MILK)
Option 3	Seasonal Fruit