

HOLY CROSS SCHOOL MENU

2020 – 2021 (from March 2021)
 V - Suitable for Vegetarians
 Allergen information is on the next page

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

WEEK 1: 31 st Aug, 21 st Sept, 12 th Oct, 9 th Nov, 30 Nov, 4 th Jan, 25 th Jan, 22 nd Feb, 15 th March, 19 th April, 10 th May, 7 th June, 28 th June, 19 th July	
OPTIONS: MEAT	Monday Pork Sausage Roll A2-4-7
VEGETARIAN	Cheese & Potato Puff A2-4-7
Sides Dessert	Baked beans, peas, hash brown Butterscotch Biscuit A2-4-7
OPTIONS: MEAT	Tuesday Ham & vegetable pasta bake with garlic bread A2-7-13
VEGETARIAN	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
Sides Dessert	Mixed vegetables Banana and blueberry cake A2-4-7
OPTIONS: MEAT	Wednesday Battered chicken burger with mayonnaise and shredded lettuce A2-4-7
VEGETARIAN	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
Sides Dessert	Sweetcorn, potato smiles Strawberry jelly
OPTIONS: MEAT	Thursday Roast beef & yorkshire pudding A2-4-7
VEGETARIAN	Quorn fillet & yorkshire pudding A2-4-7
Sides Dessert	Carrots, broccoli, roast potatoes and gravy Cupcake brownie A2-4-7
OPTIONS: MEAT	Friday Fishcake A2-4-5-7-9
VEGETARIAN	Quorn sausage A2-4-7
Sides Dessert	Spaghetti hoops, chips Cheese & crackers A2-4-7

WEEK 2: 7 th Sept, 28 th Sept, 19 th Oct, 16 th Nov, 7 th Dec, 11 th Jan, 1 st Feb, 1 st March, 22 nd March, 26 th April, 17 th May, 14 th June, 5 th July	
Monday	Savoury mince beef and rice
	Quiche A2-4-7
	Peas, sweetcorn, potato wedges Strawberry angel delight A7
Tuesday	Jumbo fish finger A2-4-5-7
	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
	Peas, new potatoes Shortbread cookie A2-7
Wednesday	Southern style chicken strips A2-4-7
	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
	Sweetcorn, baked beans and potato smiles Fruit muffin A2-4-7
Thursday	Roast pork and yorkshire pudding A2-4-7
	Vegetable finger with yorkshire pudding A2-4-7
	Carrots, green beans, roast potatoes, gravy Mud pie A2-4-7
Friday	Hot dog in a roll A2-4-7
	Quorn Dog A2-4-7
	Sweetcorn, baked beans, chips Fruit meringue nest A4-7

WEEK 3: 14 th Sept, 5 th Oct, 2 nd Nov, 23 rd Nov, 14 th Dec, 18 th Jan, 8 th Feb, 8 th March, 29 th March, 3 rd May, 24 th May, 21 st June, 12 th July	
Monday	Pepperoni pizza A2-7
	Sweet potato & chickpea curry and rice
	Peas, sweetcorn, potato smiles Fruit doughnut A2-4-7-12-13
Tuesday	Toad in the hole A2-4-7
	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
	Mixed vegetables, mash potato, gravy Jam and coconut cake A2-4-7
Wednesday	Chicken korma with steamed basmati rice & mini coriander naan bread A2-4-7
	Jacket potato with fillings A4-5-7 (cheese, beans or tuna)
	Blueberry muffin A2-4-7
Thursday	Roast chicken with yorkshire pudding A2-4-7
	Vegetable burger A2-4-7
	Carrots, cabbage, roast potatoes, gravy Ice cream
Friday	Oven baked breaded fish A2-4-5-7
	Crispy vegetable nugget A2-4-7
	Peas, baked beans, chips Assorted yoghurts A7-14



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.

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/parents/dinners-and-breakfast-club>

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/foodgovuk) or watch on food.gov.uk/youtube

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Allergens

Coming to a food label near you

Food Standards Agency
food.gov.uk

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	<p>Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salad, some meat products, soups and stock cubes.</p>
2	<p style="text-align: center; font-weight: bold; color: purple;">Cereals containing gluten</p> <p style="font-size: 0.8em;">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, butter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.</p>
3	<p style="text-align: center; font-weight: bold; color: blue;">Crustaceans</p> <p style="font-size: 0.8em;">Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.</p>
4	<p style="text-align: center; font-weight: bold; color: red;">Eggs</p> <p style="font-size: 0.8em;">Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.</p>
5	<p style="text-align: center; font-weight: bold; color: blue;">Fish</p> <p style="font-size: 0.8em;">You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.</p>
6	<p style="text-align: center; font-weight: bold; color: blue;">Lupin</p> <p style="font-size: 0.8em;">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.</p>
7	<p style="text-align: center; font-weight: bold; color: red;">Milk</p> <p style="font-size: 0.8em;">Milk is a common ingredient in butter, cheese, cream, milk powders and yogurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.</p>
8	<p style="text-align: center; font-weight: bold; color: blue;">Molluscs</p> <p style="font-size: 0.8em;">These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.</p>
9	<p style="text-align: center; font-weight: bold; color: blue;">Mustard</p> <p style="font-size: 0.8em;">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.</p>
10	<p style="text-align: center; font-weight: bold; color: red;">Nuts</p> <p style="font-size: 0.8em;">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.</p>
11	<p style="text-align: center; font-weight: bold; color: purple;">Peanuts</p> <p style="font-size: 0.8em;">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.</p>
12	<p style="text-align: center; font-weight: bold; color: blue;">Sesame seeds</p> <p style="font-size: 0.8em;">These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.</p>
13	<p style="text-align: center; font-weight: bold; color: red;">Soya</p> <p style="font-size: 0.8em;">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.</p>
14	<p style="text-align: center; font-weight: bold; color: purple;">Sulphur dioxide (sometimes known as sulphites)</p> <p style="font-size: 0.8em;">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.</p>

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