

# DAME ELIZABETH CADBURY SCHOOL

## Menu

Summer 2022

### Week 1

Monday	Main Course	CHICKEN SAUSAGE (GL, SD, H)
	Vegetarian Main	VEGAN SAUSAGE (GL)
	Served With	HASH BROWN, BEANS, OMELETTE (E, D)
	Panini or Pasta	CHEESE AND TOMATO (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Tuesday	Main Course	CHINESE CHICKEN CURRY (GL, MU, H)
	Vegetarian Main	MAC CHEESE (GL, D, MU) MAY CONTAIN GL, E, S
	Served With	RICE, BEANS, GARLIC BREAD (GL) MAY CONTAIN S, D
	Panini or Pasta	CHEESE AND BBQ (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Wednesday	Main Course	SWEET CHILLI CHIKEN WRAP (GL, CE, H)
	Vegetarian Main	QUORN CHILLI CON CARNE (GL, E)
	Served With	RICE, BEANS, GARLIC BREAD (GL) MAY CONTAIN S, D
	Panini or Pasta	PIZZA FLAVOUR WITH CHEESE (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Thursday	Main Course	CAJUN CHICKEN DRUMSTICKS (H)
	Vegetarian Main	CHEESE AND POTATO PIE (D)
	Served With	RICE, SWEETCORN, BEANS
	Panini or Pasta	CHEESE AND TOMATO (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Friday	Main Course	HOT WINGS (GL, H) MAY CONTAIN CE, E, D, MU, S
	Vegetarian Main	SPICY BEAN BURGER (GL)
	Served With	FRIES, BEANS
	Panini or Pasta	PIZZA, CHEESE AND TOMATO (GL,D), TOMATO PASTA
	Dessert	VARIOUS CAKES

**DAILY-TOMATO PASTA, JACKET POTATO AND SIDE SALAD**

**ALL MEAT ITEMS EXCLUDING PORK ARE HALAL (H)**

ALTHOUGH EVERY EFFORT IS MADE TO AVOID ALLERGEN TRANSFER ON FOOD ITEMS THERE IS NO WAY OF  
FOOD BEING 100 % FREE FROM ALLERGENS  
IF ANYONE HAS ANY QUESTIONS, PLEASE DO NOT HESITATE TO ASK A MEMBER OF THE CATERING STAFF

# DAME ELIZABETH CADBURY SCHOOL

## Menu

Summer 2022

### Week 2

Monday	Main Course	BEEF PASTA BOLOGNAISE (GL, H)
	Vegetarian Main	QUORN ENCHILADAS (GL, E)
	Served With	GARLIC BREAD (GL) MAY CONATIN D, S
	Panini or Pasta	CHEESE AND TOMATO (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Tuesday	Main Course	CHICKEN TIKKA MASALA (D, H)
	Vegetarian Main	LENTIL CURRY (VEGAN)
	Served With	RICE, BEANS, NAAN (GL, D)
	Panini or Pasta	CHEESE AND BBQ (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Wednesday	Main Course	SWEET AND SOUR CHICKEN (CE, H)
	Vegetarian Main	CHEESE AND POTATO PIE (D)
	Served With	RICE, BEANS
	Panini or Pasta	PIZZA FLAVOUR (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Thursday	Main Course	FOLDED CHICKEN NAAN (GL, H)
	Vegetarian Main	VEGAN SAUSAGE (GL)
	Served With	BEANS, MASH POTATO (D) SALAD, GRAVY (VEGAN)
	Panini or Pasta	CHEESE AND TOMATO (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES
Friday	Main Course	HOT WINGS (GL, H) MAY CONATIN CE, E, D, M, S
	Vegetarian Main	BATTERED FISH (GL, F)
	Served With	FRIES, BEANS
	Panini or Pasta	PIZZA, CHEESE AND TOMATO (GL, D), TOMATO PASTA
	Dessert	VARIOUS CAKES

### DAILY-TOMATO PASTA, JACKET POTATO AND SIDE SALAD

### ALL MEAT ITEMS EXCLUDING PORK ARE HALAL (H)

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P - PEANUTS  
N - NUTS (TREE NUTS)  
D - DAIRY PRODUCTS  
S - SOYA  
MU - MUSTARD  
L - LUPIN  
E - EGGS  
F - FISH  
GL - GLUTEN  
CR - CRUSTACEANS (PRAWNS)  
MO - MOLLUSCS (SCALLOPS, MUSSELS)  
SS - SESAME SEED  
CE - CELERY  
SD - SULPHUR DIOXIDE



## CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



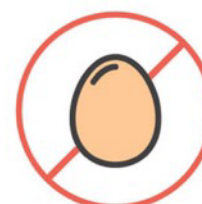
## GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



## CR - CRUSTACEANS

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.



## E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



## D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## MO - 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.



## MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



## N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## P - PEANUTS

Peanuts grow underground. 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.



## SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



## S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



## SD - SULPHUR DIOXIDE

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 and vegetables.



## V - VEGETARIAN



## H - HALAL



## GF - GLUTEN FREE