

# Valence School Menu A, April -July 2025

Allergens shown in red

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
cheesy tomato pasta bake wheat(gluten) milk(dairy)	chicken Korma	Roast pork	Chicken pie Wheat(gluten)	Crispy cod in batter Wheat(gluten) Fish
Vegetable curry Rice	smoked haddock with poached egg fish egg	Vegetable slice Wheat(gluten) Egg Milk(dairy)	Carrot slice Wheat(gluten) Milk(dairy)	Quorn sausages Egg Wheat(gluten)
	Steamed rice	Roast potatoes	Mash potato	Potato wedges Wheat(gluten)
Fruit & ice cream Milk(dairy)	Lemon drizzle cake Wheat(gluten) egg  Custard milk(dairy)	chocolate mousse milk(dairy)	Assorted fruit yoghurt Milk(dairy)	Carrot cake Wheat(gluten) Egg Milk(dairy)

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

ALLERGEN STATEMENT

# Valence School Menu B April-JULY 2025

Allergens shown in red

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chilli beef with tortilla wrap Wheat(gluten)	Pork meatballs in Wheat(gluten) tomato sauce	Roast chicken	sweet and sour chicken	beef burger in a bun wheat(gluten) sulphite
Roast vegetable cous cous wheat(gluten)	baked salmon with fish tomato sauce	Vegetable lasagne Wheat(gluten) milk(dairy)	Mushroom risotto celery	Vegetable burger Wheat(gluten) milk egg
Steamed rice	Pasta twirls Wheat (gluten)	Roast potatoes	Steamed rice	Potato wedges Wheat(gluten)
Chocolate fudge cake Egg, wheat(gluten) Chocolate custard Milk(dairy)	Cheesecake wheat(gluten)milk egg	Creamy Fruit meringue Egg,milk(dairy)	American pancakes with blueberries Wheat(gluten) milk egg	fruit yoghurt milk(dairy)

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

## ALLERGEN STATEMENT

"All our food is prepared in a kitchen where nuts, gluten and other allergens could be present. *allergens are indicated in red* If you have a food allergy, please let us know before ordering.

Full allergen information is available upon request at the kitchen."

# Valence School Menu C      January - April 2025

Allergens shown in red

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken casserole	Mince beef & mushroom pie Wheat(gluten)	Roast gammon	Chicken tikka masala curry *Naan bread *Wheat(gluten)	Fish in batter Fish Wheat(gluten)
Egg& avocado potato hash Egg,	fish pie fish milk(dairy)	Spinach & feta pie Milk(dairy) Wheat(gluten)	Cheese frittata Egg milk(dairy)	vegetable pasty wheat(gluten)
Mash potato	Mash potato	Roast potatoes	Steamed rice	Savoury potato wedges Wheat(dairy)
Peach crumble Wheat(gluten)milk Custard Milk(dairy)	Banana split Wheat(gluten)milk(dairy) Egg soya	Fruit yoghurt Milk(dairy)	cherry pie wheat(gluten) egg  custard milk(dairy)	shortbread biscuit wheat(dairy)

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

# Valence School Menu D JANUARY- APRIL 2025

Allergens shown in red

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef bolognaise	Sausages Wheat(gluten)sulphite	Roast beef & *Yorkshire pudding *Wheat(gluten)milk(dairy) Egg	Chicken fajitas Wheat(gluten)	Cheesy pizza Wheat(gluten) Milk(dairy)
Three bean casserole	Creamy leek & mushroom pie Wheat(gluten) Milk(dairy)	Nut cutlet Nuts Wheat(gluten)	Quorn noodle stir fry Egg wheat(gluten)soya	Smoked haddock fishcake Fish wheat(gluten)
Spaghetti Wheat(gluten)	Mash potato	Roast potatoes	Steamed rice	Country potatoes Wheat(gluten)
Fruit yoghurt Milk(dairy)	apple crumble wheat(gluten)milk(dairy) custard milk(dairy)	Strawberry delight Milk(dairy)	Summer fruit gateau Wheat(gluten)egg Milk(dairy)	Vanilla sponge with caramel icing Wheat(gluten)egg Milk(dairy)

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

## ALLERGEN STATEMENT

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Full allergen information is available upon request at the kitchen."*