

# Valence School Menu A - April - July 2026

| MONDAY  | TUESDAY  | WEDNESDAY                                  | THURSDAY  | FRIDAY                                |
|---|--|--|---|---------------------------------------|
| Chilli Beef   | Pork Sausages<br>Wheat (gluten),<br>Sulphite         | Roast Chicken                              | BBQ Chicken<br>Soya   | Cod in Batter<br>Fish, Wheat (gluten) |
| Quorn Stir Fry<br>Soya Wheat (gluten)<br>Egg                                | Cod in Parsley Sauce<br>Fish, Milk (dairy)           | Lentil Bake                                | Cheese, Tomato and<br>Courgette Bake<br>Milk (dairy)          | Tomato Omelette<br>Egg                |
| Steamed Rice  | Mashed Potato  | Roast potatoes                             | Steamed Rice  | Potato Wedges<br>Wheat (gluten)       |
| Apple crumble<br>Wheat (gluten),<br>Milk (dairy)<br>Custard<br>Milk (dairy) | Fruit Gateau<br>Wheat (gluten),<br>Milk (dairy), Egg | Chocolate Brownie<br>Wheat (gluten)<br>Egg | Gingerbread<br>Wheat (gluten), Egg<br>Custard<br>Milk (dairy) | Apricot Slice<br>Wheat (gluten), Nuts |

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

## ALLERGEN STATEMENT

*"All our food is prepared in a kitchen where nuts, gluten and other allergens are 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 B April - July 2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY                               | FRIDAY  |
|--|---|---|--|---|
| Pork Meatballs in tomato sauce<br><i>Wheat (gluten)</i>                                  | Creamy Chicken Casserole                                | Beef Lasagne<br><i>Wheat (gluten), Milk (dairy)</i>         | Katsu chicken<br><i>Wheat (gluten)</i> | Cheese Pizza<br><i>Wheat (gluten), Milk (dairy)</i>           |
| Quorn Meatballs in Tomato Sauce<br><i>Wheat (gluten), Egg</i>                            | Salmon & Spinach Strudel<br><i>Fish, Wheat (gluten)</i> | Mushroom Tagliatelle<br><i>Wheat (gluten), Milk (dairy)</i> | Vegetable Biryani                      | Leek & Cheese Turnover<br><i>Wheat (gluten), Milk (dairy)</i> |
| Pasta<br><i>Wheat (gluten)</i>   | Mash potato   |   | Steamed Rice                           | Country Diced Potatoes<br><i>Wheat (gluten)</i>               |
| Chocolate Cake<br><i>Wheat (gluten), Egg</i><br>Chocolate Custard<br><i>Milk (dairy)</i> | Fresh Fruit Salad & Yoghurt<br><i>Milk (dairy)</i>      | Butterscotch Mousse<br><i>Milk (dairy)</i>                  | Cheesecake<br><i>Milk (dairy), Egg</i> | Homemade Cookies<br><i>Wheat (gluten)</i>                     |

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# Valence School Menu C January-April 2026

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| Chicken Pie<br>Wheat (gluten)                                   | Tuna pasta bake<br>Wheat (gluten), fish<br>Milk egg mustard | Roast turkey & stuffing<br>Wheat<br>Barley(gluten)   | Sausage pie<br>Wheat(gluten) sulphite                                       | Cheese omelette<br>Egg<br>Milk (dairy)                |
| Medley of Fish Pie<br>Fish<br>Milk (dairy)                      | Vegetable slice<br>Wheat(gluten)<br>Milk (dairy)            | Carrot slice<br>Milk (dairy)                         | Cauliflower cheese<br>Milk(dairy)   | Crispy Quorn Burger<br>Wheat (gluten)                 |
| Mashed potato   | Mash potato   | Roast potatoes                                       | Mashed potato   | Jacket wedges<br>Wheat (gluten)                       |
| Eve's Pudding<br>Wheat (gluten), Egg<br>Custard<br>Milk (dairy) | Fruit Yoghurt<br>Milk (dairy)                               | Fruit Muffins<br>Wheat (gluten), Egg<br>Milk (dairy) | Peach Crumble<br>Wheat (gluten),<br>Milk (dairy)<br>Custard<br>Milk (dairy) | Chocolate Meringue<br>Cake<br>Egg,<br>Wheat (gluten), |

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## Valence School Menu D April - July 2026

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
| Cheese topped Tomato Pasta Bake<br><i>Wheat (gluten)</i><br><i>Milk (dairy)</i>           | Mexican chicken with tortilla wrap<br><i>Wheat (gluten)</i> | Roast Pork & Apple Sauce  | Spaghetti Bolognese   | Fish fingers<br><i>Fish</i><br><i>Wheat (gluten)</i> |
| Mediterranean Cous Cous<br><i>Wheat (gluten)</i>  | Mushroom Stroganoff<br><i>Milk (dairy)</i>                  | Cheese & Sweet Onion Tart<br><i>Wheat (gluten)</i><br><i>Milk (dairy)</i> | Three Bean Casserole  | Bean Burger<br><i>Wheat (gluten)</i>                 |
|   | Steamed rice  | Roast Potatoes  | Spaghetti<br><i>Wheat (gluten)</i>  | Potato Wedges<br><i>Wheat (gluten)</i>               |
| Banana Cake<br><i>Wheat (gluten),</i><br><i>Egg</i><br>And Custard<br><i>Milk (dairy)</i> | Fruit & Ice Cream<br><i>Milk (dairy)</i>                    | Chocolate Mouse<br><i>Milk (dairy)</i>                                    | Lemon & Blueberry Cake<br><i>Wheat (gluten), Egg,</i><br>And Custard<br><i>Milk (dairy)</i> | Fruit Yoghurt<br><i>Milk (dairy)</i>                 |

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