

Sesame Free - Hayes

WEEK 1
WEEK 2
WEEK 3



Please note
AA in a dish name
refers to **Allergy Aware**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Smokey BBQ Chicken	Tuscan Sausage Pasta	Roast Chicken Fillet & Pan Gravy	BBQ Chicken & Sweetcorn Pizza	Captain's Crispy Fish Fingers with Chippy Chips
VEGGIE	Smokey BBQ Pulled Jack Fruit	Tuscan Vegetable Pasta	Cheesy Veggie Hot Pot with Gravy	Cheesy Tomato Pizza	Vegan Nuggets & Chips
SIDES	Sunshine Rice with Sweetcorn & Green Beans	Peas & Sweetcorn	Rustic Roast Potatoes with Seasonal Vegetables	Homemade Potato Wedges & Baked Beans	Beans or Peas
PASTA & JACKET	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta
PUD	Iced Vanilla Sponge	Mango Cheesecake	Vanilla Crunch Biscuit	Chocolate Cloud Mousse	Lemon Drizzle Cake
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

Only serve what is on this menu

No sesame or products flavoured/containing these

This menu is written based on the halal menu. If you are using standard recipes this menu should not be used.

DATES

31 AUG / 21 SEPT /
12 OCT / 09 NOV /
30 NOV

STOP AND THINK!

Have you completed the Student Allergen Management Record?



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Mega Mac & Beefy Topper	Mild Chicken Tikka Masala & Steamed Rice	Lightly Spiced Chicken	Bunless Homemade Beef Burger 670554	Captain's Crispy Fish Fingers & Chips
VEGGIE	Roasted Butternut Squash Topped Mac & Cheese	Mild Vegetable Tikka Masala	Lightly Spiced 'Plant Based' Chickn	Bunless Spinach & Chickpea Burger 679531	Bunless Spinach & Chickpea Burger 679531
SIDES	Sweetcorn & Peas	Carrots & Green Beans	Paprika Diced Potatoes & Sweetcorn	Homemade Potato Wedges & Baked Beans	Crispy Wedges & Beany Beans
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings	Tomato & Vegetable Pasta	Jacket Potato with a Choice of Fillings
PUD	Summer Fruit Cheesecake	Chocolate Shortbread Biscuit	Sticky Toffee Apple Crumble with Custard	Lemon & Cardamom Drizzle Cake with Vanilla Sauce	Cool School Ice Cream
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

07 SEPT / 28 SEPT
/ 19 OCT / 16 NOV /
07 DEC

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Beef Cottage Pie	Sweet & Sour Chicken	Butcher's Sausage & Gravy	Jerk Chicken Curry	Crispy Catch Fish & Chips
VEGGIE	Veggie Cottage Pie	Sweet & Sour Roasted Vegetables	Veggie Sausage & Gravy	Jerk Vegetable Curry	Cheesy Pizza & Chips
SIDES	Carrots & Green Beans	Steamed Rice & Broccoli	Mashed Potato & Carrots	Rice & Peas	Beans or Peas
PASTA & JACKET	Jacket Potato with a Choice of Fillings	Mac & Cheese	Jacket Potato with a Choice of Fillings	Italian Tomato Twirl Pasta	Jacket Potato with a Choice of Fillings
PUD	Iced Vanilla Sponge	Mango Cheesecake	Oaty Crunch Cookie	Mixed Berry Crumble with Custard	Lemon Drizzle Cake
Fresh Fruit Freshly Baked Bread NO DAILY SALAD BAR					

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DATES

14 SEPT / 05 OCT /
02 NOV / 23 NOV /
14 DEC

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