

## Barr Beacon School HALL Menu

### Week 1

<b>Monday</b>	<b>BURGERS / BAPS</b>	SAUSAGE (SD,GL,MU,CE) BACON (SD) BAPS (GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>Jacket potatoes</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE CHIP VANILLA SPONGE CAKE (GL,E,D)
<b>Tuesday</b>	<b>OVEN BAKED PANINI'S</b>	OVEN BAKED CHEESE AND TOMATO PANINI (GL,D,SS,V)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	VANILLA SPONGE WITH PINK ICING (GL,E,D)
<b>Wednesday</b>	<b>BURGERS / BAPS</b>	ZINGY CHICKEN BURGER IN A FLOUR BAP ( H,E,GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE FLAP JACK (GL,D)
<b>Thursday</b>	<b>OVEN BAKED PANINI'S</b>	PIRI PIRI CHICKEN AND CHEESE (H,CE,GL,SS,D)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,D,S)
	<b>Dessert</b>	MARBLE CAKE (GL,E,D)
<b>Friday</b>	<b>BURGERS / BAPS</b>	VEGETABLE BURGER IN A FLOUR BAP (V,D,GL,SS,CE,E)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	RASPBERRY JAM DONUTS (E,D,SS,V)

Week 1

Week 2

Week 3

Week 4

September 2020							
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October 2020							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
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November 2020							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
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December 2020							
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# Barr Beacon School HALL Menu

## Week 2

<b>Monday</b>	<b>PASTIES/SAVOURY</b>	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE SHORTBREAD (GL,D)
<b>Tuesday</b>	<b>OVEN BAKED PANINI'S</b>	CHEESE AND TOMATO (V,D,GL,SS,CE)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHERRY BAKEWELL CAKE (N,E,GL,S,D)
<b>Wednesday</b>	<b>PASTIES/SAVOURY</b>	STEAK BAKE (GL,E,D,)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	FLAPJACK (GL,D)
<b>Thursday</b>	<b>OVEN BAKED PANINI'S</b>	PULLED BBQ CHICKEN BAKED PANINI (H,CE,GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	LEMON MUFFINS (GL,E,D,CE)
<b>Friday</b>	<b>PASTIES/SAVOURY</b>	VEGAN SAUSAGE ROLL (GL,V,SD)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	DOUBLE CHOCOLATE CHIP COOKIE (GL,E,D,SD)

Week 1
Week 2
Week 3
Week 4

September 2020							
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October 2020							
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## Barr Beacon School HALL Menu

Week 3		
<b>Monday</b>	<b>BURGERS / BAPS</b>	SAUSAGE (SD,GL,MU,CE) BACON (SD) BAPS (GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE CHIP MUFFINS (GL,D,E)
<b>Tuesday</b>	<b>PASTIES/SAVOURY</b>	CHEESE AND ONION PASTY (V,GL,E,MU,D)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	VANILLA SPONGE CHOCOLATE SANDWICH (GL,E,D)
<b>Wednesday</b>	<b>BURGERS / BAPS</b>	PORK HOT DOG IN A FLOURED BAP (SD,GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE FLAP JACK (GL,D)
<b>Thursday</b>	<b>PASTIES/SAVOURY</b>	STEAK BAKE (GL,E,D,)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E )
	<b>TOASTIES</b>	PLAIN HAM (GL,S,) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	APPLE CRUMBLE SLICE (GL,D,CE)
<b>Friday</b>	<b>OVEN BAKED PANINI'S</b>	CHEESE AND TOMATO (V,D,GL,SS,CE)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	MILK CHOCOLATE CHIP COOKIE (GL,E,D,SD)

Week 1	Week 2	Week 3	Week 4
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## Barr Beacon School HALL Menu

Week 4

<b>Monday</b>	<b>OVEN BAKED PANINI'S</b>	PIRI PIRI CHICKEN AND CHEESE (H,CE,GL,SS,D)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	COCONUT JAM SPONGE (E,GL,D,CE,N)
<b>Tuesday</b>	<b>BURGERS / BAPS</b>	VEGETABLE BURGER IN A FLOUR BAP (V,D,GL,SS,CE,E)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	SPRINKLE CAKE (GL,S,D,,E,)
<b>Wednesday</b>	<b>OVEN BAKED PANINI'S</b>	PULLED BBQ CHICKEN (H,CE,GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	SUGAR RING DONUTS (E,D,SS,GL,V)
<b>Thursday</b>	<b>PASTIES/SAVOURY</b>	VEGAN SAUSAGE ROLL (V,SS,GL )
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE CHIP VANILLA SPONGE CAKE (GL,E,D)
<b>Friday</b>	<b>BURGERS / BAPS</b>	ZINGY CHICKEN BURGER IN A FLOUR BAP ( H,E,GL,SS)
	<b>SANDWICHES/BAGUETTES</b>	PREPARED SALAD POTS AND PASTA POTS
	<b>JACKET POTATOES</b>	BEANS (GF,V) CHEESE (GF,V,D) TUNA (F.GF,V,E)
	<b>TOASTIES</b>	PLAIN HAM (GL,S) HAM AND CHEESE (GL,S,D) CHEESE (GL,S,D)
	<b>Dessert</b>	CHOCOLATE CHIP COOKIE (GL,E,D,SD)

Week 1

Week 2

Week 3

Week 4

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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.



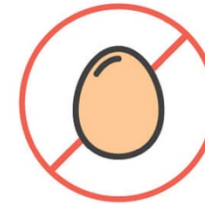
## GL - GLUTEN

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