

HOLY CROSS SCHOOL MENU

April 2025 – July 2025
V - Suitable for Vegetarians
Allergen information is on the next page

You may only choose 1 option below (meat OR veg)		WEEK 1: 12 th May, 9 th Jun, 30 th Jun, 21 st Jul	WEEK 2: 28 th Apr, 19 th May, 16 th Jun, 7 th Jul	WEEK 3: 5 th May, 2 nd Jun, 23 rd Jun, 14 th Jul
OPTIONS: MEAT		Monday Chicken Curry with Rice, Peas Naan Bread(A:2) OR Vegetable Curry with Rice, Peas & Naan Bread(A:2) OR Jacket Potato with Cheese (A7), Baked Beans or Tuna Mayonnaise(A:5.9) & Salad (A:1)	Monday Mild Chilli con carne with Rice, Peas (A:2) OR Vegetable mild chilli with Rice, Peas OR Jacket Potato with Cheese(A:7), Baked Beans, Or Tuna Mayonnaise(A:5.9) & Salad (A:1)	Monday Chicken fajita with Rice, Peas OR Vegetable fajita with Rice, Peas OR Jacket Potato with Cheese(A:7), Baked Beans, Or Tuna Mayonnaise(A:5.9) & Salad (A:1)
Sides Dessert		Toffee shortbread (A:2)	Chocolate Cookie (A:2)	Flapjack (A:2)
OPTIONS: MEAT		Tuesday Cheese & Tomato Pizza(A:2.7), Sweet Corn & Jacket Wedges OR Cheese & Tomato Pizza (A:2.7) Sweet Corn & Jacket Wedges, or Jacket Potato with Cheese (A7), Baked Beans or Tuna Mayonnaise(A:5.9) & Salad (A:1)	Tuesday Pork Sausage rolls(A:2.7), sweetcorn & Jacket wedges OR Quorn sausages rolls(A:2), sweetcorn & Jacket wedges or Jacket Potato with Cheese (A7), Baked Beans or Tuna Mayonnaise(A:5.9) & Salad (A:1)	Tuesday Beef burger (A:14), Sweet Corn & Jacket wedges OR Cheesy Vegetable Burger(A:2.7), Sweet Corn & Jacket wedges or Jacket Potato with Cheese (A7), Baked Beans or Tuna Mayonnaise(A:5.9) & Salad (A:1)
Sides Dessert		Lemon Muffin (A:2-4-7)	Blueberry Muffin (A:2-4-7)	Chocolate Chip Muffin (A2-4-7))
OPTIONS: MEAT		Wednesday Beef Lasagne(A:2.7) Country Mixed Vegetables & Garlic Bread, (A:2.7) Vegetable Lasagne(A:2.7), Country Mixed Vegetables & Garlic Bread (A:2.7)	Wednesday Pasta Bolognese Sauce(A:2), Country Mixed Vegetables OR Tomato & Basil Pasta(A:2), Country Mixed Vegetables	Wednesday Chicken Meatballs in Tomato Sauce, Pasta(A:2), Farmhouse Vegetables OR Macaroni Cheese(A:2.7), Farmhouse Vegetables
Sides Dessert		Strawberry Jelly (A:N/A)	Orange Jelly (A:N/A)	Raspberry Jelly (A:N/A)
OPTIONS: MEAT		Thursday Roast Chicken in Gravy OR Quorn fillet (A;2) in Gravy	Thursday Roast Beef in Gravy & Yorkshire Pudding (A:2.4.7) OR Cauliflower Cheese(A:7) & Yorkshire Pudding (A:2.4.7)	Thursday Roast Turkey in Gravy OR Quorn fillet(A:2) in Gravy
Sides Dessert		Carrots, Broad Bean, Roast Potatoes Fresh Fruit selection	Carrots, Green Beans, Roast Potatoes Fresh Fruit selection	Carrots, Broccoli, Roast Potatoes Fresh Fruit selection
OPTIONS: MEAT		Friday Fish Finger(A:5) Chips & Baked Beans OR Quorn Sausage Chips & Baked Beans (A:2)	Friday Fish Cake(A:2.5.7.9) Chips & Baked Beans OR Quorn Burgers (A:2.4.7) Chips & Baked Beans	Friday Battered Fish Cake(A:2.9) Chips Peas OR Vegetable Samosa(A:2.13) Chips & Peas
Sides Dessert		Assorted Puddings (A:2-4-7-14)	Assorted Puddings (A:2-4-7-14)	Assorted Puddings (A:2-4-7-14)



Please note:

- As a Catholic school we do not provide Halal food.
- Children with gluten intolerances should be provided with a packed lunch from home if parents feel that there is no suitable meal choice on our school menu.
- If your child has a specific dietary or medical requirement please update the school with this information. There is a Medical Form to complete, sign and return. If your child has to take prescribed medication in school, please provide this to the school with your child's details on the printed label, although medication should be taken at home where possible.

From December 2014, changes from the European Union state that we must notify you of every allergen in the ingredients we use. This has been implemented as directed by the Food Standards Agency. On this page is a key to the numbers relating to each ingredients used on this menu.

Note: 10 means that the packaging states 'May contain nuts' as this is produced in a factory that also processes products that contain nuts. None of our food contains actual nuts.

This document can be found on our website: <http://www.holycross.swindon.sch.uk/>

For more information, visit:

Websites: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to allergy alerts: food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook

Keep connected: food.gov.uk/facebook

Join the conversation: @food.gov.uk/twitter or watch on food.gov.uk/youtube

14 Allergens

Coming to a food label near you

Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1 Celery

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

2 Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, bread/crumbs, bread, cakes, confectionery, meat products, pasta, pastry, sauce, soups and fried foods which are dusted with flour.

3 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.

4 Eggs

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

5 Fish

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

6 Lupin

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

7 Milk

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

8 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.

9 Mustard

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

10 Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, margarin (almond paste), nut oils and sauces.

11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. 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.

12 Sesame seeds

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

13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in dessert, ice cream, meat products, sauce and vegetarian products.

14 Sulphur dioxide (sometimes known as sulphites)

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, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk/email, or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at: food.gov.uk/facebook

Join our conversation @food.gov.uk/twitter

Watch us on food.gov.uk/youtube