

Ludlow Junior School Menu Winter 1 2020

We refer to the guidance in the School Food Standards to develop our menu.

Milk, fresh fruit, vegetarian friendly yoghurts and sliced 50/50 bread is available daily as a choice.

Grated cheese is readily available and

A limited selection of salad will be available daily at the servery.

Our Catering Team can be contacted via the main school reception and can help you with;

- Information on Allergens.
- Identifying a menu suitable for your child if they have a dietary requirement
- A menu for a dairy/gluten free diet

Our CFK menu will provide your child with a healthy and nutritious diet that also engages and interests them

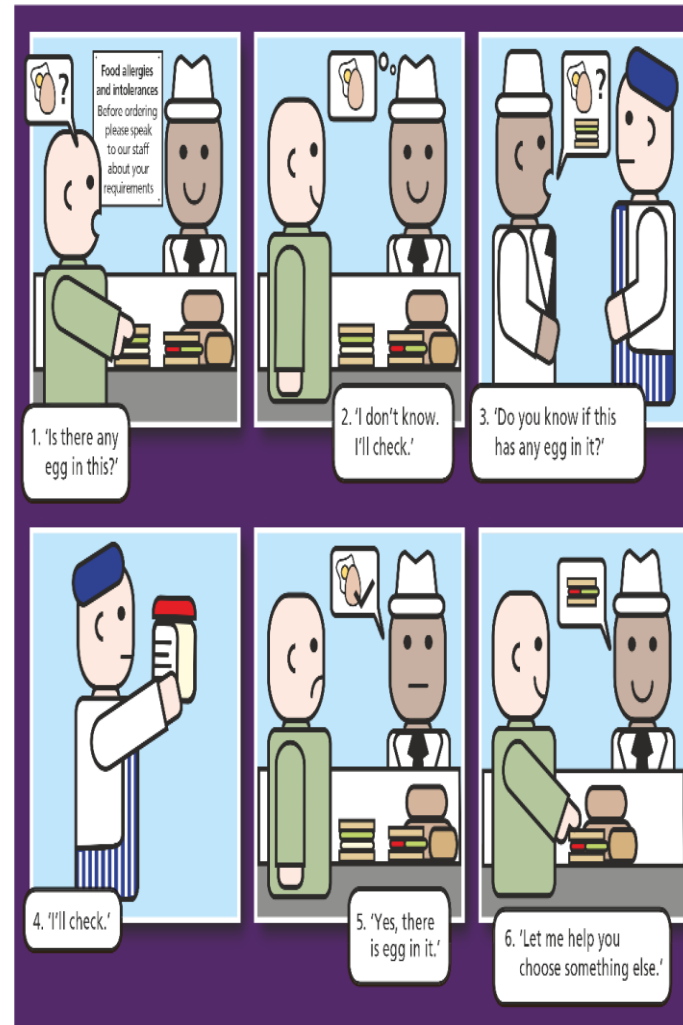


Please note the menu may be subject to change to meet the local needs.

All dishes can be amended to cater for Gluten Free.

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



Which ingredients can cause a problem?



Cereals containing gluten

Peanuts



Nuts



Milk



Soya



Mustard



Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide

For more information and advice about allergy, visit: food.gov.uk/allergy

A booklet Allergen information for loose foods is also available to download.