




HOLY CROSS SCHOOL MENU

January 2026 – March 2026
V - Suitable for Vegetarians
Allergen information is on the
next page

You may only choose 1 option below (meat OR veg)		WEEK 1: 5 th Jan, 26 th Jan, 23 rd Feb, 16 th Mar		WEEK 2: 12 th Jan, 2 nd Feb, 2 nd Mar, 23 rd Mar		WEEK 3: 19 th Jan, 9 th Feb, 9 th Mar	
OPTIONS: MEAT		Monday Savoury beef mince, creamed potato & green beans Quorn mince (13), creamed potato & green beans Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Monday Chicken fajitas, Mexican rice & nacho's Vegetable fajita's, Mexican rice & nacho's Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Monday Beef Chilli Taco's, rice & mixed vegetables Veggie Chilli Taco's, rice & mixed vegetables Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans	
VEGETARIAN							
Dessert		Shortbread (2)		Flapjack (2)		Cookies (2)	
OPTIONS: MEAT		Tuesday Sausage wrap (Pork), cubed potato & baked beans Quorn sausage wrap (2), cubed potato & baked beans Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Tuesday Beef Bolognese with pasta (2), garlic bread (2) & peas Tomato & Basil pasta (2) with garlic bread (2) & peas Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Tuesday Chicken burger (2), jacket wedges & baked beans Veggie burger (2,4,7), jacket wedges & baked beans Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans	
VEGETARIAN							
Dessert		Lemon drizzle cake (2,4,7)		Fruit crumble & custard		Chocolate brownie (2,4,7)	
OPTIONS: MEAT		Wednesday Cheese (2,7) & ham pasta bake (2), mixed vegetables Tomato & Basil Pasta (2) Bake & mixed vegetable Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Wednesday Cheese & Tomato Pizza (2,7) with cubed potato & sweetcorn Glamorgan sausage (2,7,9) with cubed potato & sweetcorn Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Wednesday Chicken & vegetable curry with naan (2) & rice Vegetable curry with naan (2) & rice Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans	
VEGETARIAN							
Dessert		Strawberry jelly		Orange jelly		Raspberry jelly	
OPTIONS: MEAT		Thursday Roast Chicken with Yorkshire pudding (2,4,7) & Gravy Quorn fillet in gravy & Yorkshire pudding (2,4,7) Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Thursday Roast beef in gravy & Yorkshire pudding (2,4,7) Quorn nuggets (2) in Gravy & Yorkshire Pudding (2,4,7) Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Thursday Pork steak in gravy & Yorkshire pudding (2,4,7) Quorn pieces in gravy & Yorkshire pudding (2,4,7) Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans	
VEGETARIAN							
Sides Dessert		Carrots, Broad Bean, Roast Potatoes Assorted fresh fruit		Carrots, Green Beans, Roast Potatoes Assorted Fresh Fruit		Carrots, Broccoli, Roast Potatoes Assorted Fresh Fruit	
OPTIONS: MEAT		Friday Fish finger (2), chips & peas Quorn nuggets (2), chips & peas Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Friday Fish Cake (2,4,5,7) & Chips, Baked beans Vegetable samosa (2,13) & chips, Baked beans Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans		Friday Battered Fish (2,5), Chips & peas Spring roll (1,2,4,7,13), chips & peas Jacket potato with cheese (7), tuna (5) mayonnaise or baked beans	
VEGETARIAN							
Sides Dessert		Assorted puddings		Assorted puddings		Assorted puddings	

Please note:

- As a Catholic school we do not provide Halal food.
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- 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](https://twitter.com/food.gov.uk) or watch on food.gov.uk/youtube

14 Allergens

Coming to a food label near you



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, salads, 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, butter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, 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 powders and yogurt. 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), the 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, marzipan (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, hummus, 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 desserts, ice cream, meat products, sauces 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](https://twitter.com/food.gov.uk)

Watch us on food.gov.uk/youtube