

School Lunch Menu September - December 2019

Week	Choice	Monday	Tuesday	Wednesday	Thursday	Friday
1	1	BBQ chicken, rice, peas & sweetcorn	All day breakfast (G,SO,SD)	Roast chicken, roast potatoes, vegetables & gravy	Pasta Bolognese & mixed vegetables with 50/50 pasta (G,E,SD,SO)	Battered fish, chips, peas & tomato sauce (M,F,G)
	2	Jacket potato with beans	All day vegetarian breakfast (G,E,M)	Roast Quorn, roast potatoes, vegetables & gravy (E)	Vegetable noodle & french bread (G,E,SD,SO)	Tomato, basil pasta & peas (G)
	3	Jacket potato with tuna (MU,E,F)				
	4	Cheese roll, fruit & vegetable sticks (G,S,M)	Tuna mayonnaise sandwich, fruit & bread sticks (G,F,E,MU,M)	Ham baguette, fruit & raisins (G,M,S)	Chicken mayonnaise wrap, fruit & crisps (E,M,G)	Egg mayonnaise sandwich, fruit & vegetable sticks (E, MU,G,M)
	A	Blueberry muffin (G,E,M)	Ice cream & fruit (M)	Homemade chocolate cake & hot chocolate sauce (G,M,E,SO)	Homemade Rice Krispie cake (G,M,SO)	Oat Cookie (G)
	B	Fruit	Fruit	Fruit	Fruit	Fruit
	C	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)

2	1	Pork meatballs baked in a tomato & basil sauce with mixed vegetables and pasta (G)	Sweet & sour chicken, rice & peas	Roast beef, roast potatoes, vegetables & gravy	Chicken goujons, wedges & beans (G)	Fish finger, mash potato & hoops (F,G,M)
	2	Ratatouille & pasta (G)	Jacket potato with cheese (M)	Panini with cheese & tomato (S,M,G)	Vegetarian nuggets with wedges & baked beans (M,G)	Quorn sausage, mash potato & Hoops (E,G,M)
	3					Salmon finger, mash potato & hoops (F,G,M)
	4	Cheese roll, fruit & bread sticks (G,S,M)	Ham sandwich, fruit & raisins (G,M)	Tuna mayonnaise baguette, fruit & bread sticks (G,M,S,F,E,MU)	Egg mayonnaise sandwich, fruit & vegetable sticks (G,M,E,MU)	Cheese wrap, fruit & crisps (G,M)
	A	Rice pudding (M)	Lemon sponge (G,M,E,SO)	Apple pie & custard (M,G)	Homemade buttered shortbread (G)	Banana cake (G,M,E,SO)
	B	Fruit	Fruit	Fruit	Fruit	Fruit
	C	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)

3	1	Chicken korma with rice & peas (M)	Toad in the hole, potato & peas (G,E,M,SD,D,SO)	Beef lasagne with wedges & salad (M,G)	Roast pork, roast potatoes, vegetables & gravy	Fish cake, waffles & beans (E,F,M,MU)
	2	Jacket potato with beans & cheese (M)	Vegetarian finger, potato & peas (G)	Margarita pizza with wedges & salad (G,M)	Cauliflower cheese with roast potatoes & carrots (M)	Tomato & basil pasta topped with grated cheese (M,G)
	3	Cheese roll, fruit & vegetable sticks (G,M,S)	Tuna mayonnaise wrap, fruit & crisps (G,F,E,MU,M)	Egg mayonnaise baguette, fruit & vegetable sticks (G,E,M,S,MU)	Cheese sandwich, fruit & bread sticks (G,M)	Ham roll, fruit & raisins (G,M,S)
	A	Ice smoothie	Cheese, crackers & grapes (M,G)	Homemade apple sponge & custard (M,G,E,SO)	Fruit & Jelly Not suitable for vegetarians	Miss Masters Homemade cake (G,M,E,SO)
	B	Fruit	Fruit	Fruit	Fruit	Fruit
	C	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)	Yogurt (M)

Allergens:	C - Celery	CR - Crusta-	E - Eggs
F - Fish	G - Gluten	L - Lupin	M - Milk
MO - Molluscs	MU - Mustard	N - Nuts	P - Peanuts
S - Sesame seeds	SD - Sulphur Dioxide	SO - Soya	

If you have any concerns over allergies and ingredients, please do not hesitate to ask.

For further information on food allergens please visit:
www.food.gov.uk/allergy

Meals are £2.50 per day. All meals need to be ordered & paid for in advance. Please check with the office if you are unsure whether your child is eligible for Free Meals.

All meals ordered will be charged unless cancelled by 9.30 am that morning.

