

Autumn Term 2018 - Lunch Menu - WEEK 1

NAME:.....

Week commencing: 04/09, 24/09, 15/10, 12/11, 03/12

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Minced beef bolognese. Wholegrain pasta. Mixed peas & sweetcorn		Roast gammon. Roast potatoes, broccoli.		Chicken & tomato casserole Creamed potatoes, green beans.		Roast beef. Roast potatoes, carrots.		Cheese & tomato pizza. Chipped potatoes, garden peas.	
Egg florentine with potatoes		Quorn Toad in the Hole		Vegetable Korma & rice		Roasted vegetable lasagne		Ham omelette	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Plum crumble & custard		Strawberry jelly		Chocolate sponge & chocolate sauce		Ice cream sponge roll		Lemon drizzle cake	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

Autumn Term 2018 - Lunch Menu - WEEK 2

NAME:.....

Week commencing: 10/09, 01/10, 29/10, 19/11, 10/12

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken star pie Mashed potatoes, garden peas.		Roast turkey. Roast potatoes, broccoli.		Savoury minced beef. Pasta spirals, baby carrots.		Roast gammon. Roast potatoes, green beans.		Cod fish fingers in batter. Chipped potatoes. Spaghetti hoops or sweetcorn.	
Spaghetti in tomato sauce		Vegetable scone bake		Ratatouille burritos & diced potatoes		Roast Quorn slices		Cheese flan	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Orange jelly		Carrot cake		Syrup sponge & custard		Jam doughnuts		Chocolate brownie & ice cream	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

Autumn Term 2018 - Lunch Menu - WEEK 3

NAME:.....

Week commencing: 17/09, 08/10, 05/11, 26/11, 17/12

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Meatballs in tomato sauce. Pasta spirals, mixed vegetables.		Roast beef. Roast potatoes, carrots.		Grilled pork sausages. Creamed potatoes, spaghetti hoops or peas.		Roast turkey. Roast potatoes, broccoli.		Chicken nuggets. Chipped potatoes. Spaghetti hoops or sweetcorn.	
Cheese omelette with potatoes		Roast Quorn slices		Spinach, chickpea & tomato casserole		Vegetable burgers in baps		Baked cod fillet (no breadcrumbs or batter)	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Chocolate mousse		Lemon curd sponge & custard		Flapjack		Strawberry topped crumble & custard		Toffee fudge tart	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

Week 3 Dish Sept - Dec '18	Day	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Meatballs in Tom Sauce	Mon	✓ wheat					✓			✓					
Cheese Omelette	Mon			✓				✓							
Pasta	Mon	✓ semolina						✓							
Choc Mousse	Mon							✓							
Roast Beef	Tues														
Gravy	Tues	✓ wheat					✓			✓					
Y Pudding	Tues	✓ wheat		✓				✓							
Roast Quorn	Tues			✓ white				✓							
Gravy for Quorn	Tues			✓			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Roast Potatoes	Tues														
Lemon Sponge & Custard	Tues	✓ wheat		✓				✓							
Pork Sausages	Weds	✓ wheat		✓				✓							
Spinach & Chickpea Cass	Weds														
Creamed Pots	Weds							✓							
Spaghetti Hoops	Weds	✓ semolina													
Flapjack	Weds	✓ oats													
Roast Turkey	Thurs														
Gravy	Thurs	✓ wheat		✓ *mc			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Y Pudding	Thurs	✓ wheat		✓				✓							
Roast Potatoes	Thurs														
Veg Burger Baps	Thurs	✓ wheat		✓											
Strawb Crumble	Thurs	✓ wheat													
Custard	Thurs							✓							
Chicken Nuggets	Fri	✓ wheat						✓							
Baked Cod	Fri			✓ cod											
Toffee Tart	Fri	✓ wheat						✓							

*mc (may contain)