

Spring Term 2018 - Lunch Menu - WEEK 1

NAME:.....

**Week commencing: 04/01, 22/01, 19/02, 12/03**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Minced beef Yorkshire Pudding.  Creamed potatoes. Mixed peas and sweetcorn.		Roast Turkey.  Roast potatoes. Green beans.		Cod fish fingers.  Baked diced potatoes. Spaghetti hoops or peas		Roast beef.  Roast potatoes. Carrots.		Chicken or vegetable nuggets.  Chipped potatoes. Baked beans or sweetcorn	
Vegetables in a Yorkshire pudding		Spanish omelette		Winter vegetable pie		Poached cod in tomato sauce		Cheese flan	
Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans	
Chocolate ice cream roll		Plum crumble & custard		Iced sponge		Orange jelly		Gingerbread & vanilla sauce	
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



**Spring Term 2018 - Lunch Menu - WEEK 2**

**NAME:.....**

**Week commencing: 08/01, 29/01, 26/02, 19/03**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken & tomato casserole.  Pasta spirals. Green beans.		Roast gammon ham  Creamed potatoes. Baby carrots.		Spaghetti Bolognese.  Fresh salad or sweetcorn. Garlic bread		Roast turkey.  Roast potatoes. Broccoli.,		Pork or vegetable sausages.  Chipped potatoes. Baked beans or garden peas	
Quorn hot pot		Vegetable tagine with rice		Macaroni cheese		Roast Quorn slices with gravy		Baked cod fillet (no breadcrumbs or batter)	
Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans	
Jam sponge & custard		Banana mousse		Toffee apple crumble & custard		Chocolate cookies		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



Spring Term 2018 - Lunch Menu - WEEK 3

NAME:.....

**Week commencing 15/01, 05/02, 05/03, 26/03**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Baked sausage rolls  Oven baked potatoes. Spaghetti hoops or peas		Roast Beef.  Roast potatoes. Broccoli.		Cheese and tomato pizza.  Pasta spirals. Sweetcorn.		Roast gammon ham  Creamed potatoes. Baby carrots.		Cod fish fingers  Chipped potatoes. Baked beans or sweetcorn.	
Vegetable curry with onion bhaji		Cheese omelette		Chicken and chorizo bake		Vegetable crumble		Quorn patties on baps	
Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans	
Currant and sultana sponge with custard		Strawberry jelly		Carrot cake		Ring doughnuts with warm jam sauce		Chocolate sponge and chocolate sauce	
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

<b><u>Week 3</u></b> <b><u>Dish</u></b> Jan- March 18	<b><u>Day</u></b>	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Sausage Rolls	Mon	✓ wheat		✓			✓								
Veg Curry	Mon														
Onion Bhaji	Mon	✓ wheat													
Diced Potatoes	Mon														
Spaghetti Hoops	Mon	✓ semolina													
Fruit Sponge	Mon	✓ wheat		✓											
Custard	Mon							✓							
Roast Beef	Tues														
Y Pudding	Tues	✓ wheat		✓				✓							
Gravy	Tues	✓ wheat					✓			✓					
Cheese Omelette	Tues			✓											
Roast Potatoes	Tues														
Strawberry Jelly	Tues														
C & Tom Pizza	Weds	✓ wheat						✓							
Chicken & Chorizo Bake	Weds	✓ wheat					✓	✓		✓	✓				
Pasta Spirals	Weds	✓ semolina													
Carrot Cake	Weds	✓ wheat		✓				✓							
Roast Gammon	Thurs														
Y Pudding	Thurs	✓ Wheat		✓				✓							
Gravy	Thurs	✓ Wheat		✓				✓		✓	✓				
Veg Crumble	Thurs	✓ Wheat						✓							
Roast Potatoes	Thurs														
Jam Doughnuts	Thurs	✓ Wheat		✓				✓							
Fish Fingers	Fri	✓ wheat			✓ cod			✓							
Quorn Burger Bap	Fri	✓ wheat		✓				✓							
Chips	Fri														
Baked Beans	Fri														
Choc Sponge	Fri	✓ wheat		✓											
Choc Sauce	Fri							✓							