

Spring Term 2019 - Lunch Menu - WEEK 1

NAME:.....

Week commencing: 07/01, 28/01, 25/02, 18/03

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Minced beef bolognese. Creamed potatoes. Mixed peas and sweetcorn.		Roast pork. Roast potatoes, green beans.		Cod fish fingers. Baked diced potatoes, spaghetti hoops or peas.		Roast beef. Roast potatoes, broccoli.		Pork sausages. Chipped potatoes, baked beans or sweetcorn.	
Sweet & Sour Quorn with rice		Spanish omelette		Winter vegetable pie		Poached cod in tomato sauce		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	
Chocolate ice cream roll		Plum crumble & custard		Iced sponge		Gingerbread & vanilla sauce		Orange jelly	
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 2019 - Lunch Menu - WEEK 2

NAME:.....

Week commencing: 14/01, 04/02, 04/03, 25/03

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken & tomato bake Pasta spirals, green beans.		Roast gammon. Creamed potatoes, broccoli.		Spaghetti Bolognese. Fresh salad or sweetcorn, garlic bread.		Roast turkey. Roast potatoes, Baby carrots.		Chicken nuggets. Chipped potatoes. Baked beans or garden peas.	
Minced Quorn pie		Vegetable tagine		Macaroni cheese		Roasted Quorn slices		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	
Jam sponge & custard		Banana mousse		Apple crumble with toffee sauce		Chocolate shortbread		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

Week 2 Dish Jan – April '19	Day	gluten	Cereals with gluten	Crustacea	Eggs	Fish	Peanuts	Soybean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yoghurts	Daily								✓							
Chicken in Tomato Sauce	Mon	✓ wheat			✓ *mc			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Quorn Pie	Mon	✓ wheat			✓ *mc			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Pasta	Mon	✓ wheat														
Jam Sponge	Mon	✓ wheat			✓											
Custard	Mon								✓							
Roast Gammon	Tues															
Gravy	Tues	✓ wheat			✓ *mc			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Y Pudding	Tues	✓ wheat			✓				✓							
Veg Tagine	Tues															
Creamed Pots	Tues															
Banana Mousse	Tues								✓							
Spaghetti Bolognese	Weds	✓ wheat/ semolina						✓			✓					
Mac Cheese	Weds	✓ wheat/ semolina							✓							
Garlic Bread	Weds	✓ Wheat							✓							
Apple Crumble	Weds	✓ Wheat														
Toffee Sauce	Weds								✓							
Roast Turkey	Thurs															
Gravy	Thurs	✓ wheat			✓ *mc			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Y Pudding	Thurs	✓ wheat			✓				✓							
Roast Potatoes	Thurs															
Roast Quorn	Thurs				✓ white				✓							
Choc Shortbread	Thurs	✓ wheat							✓							
Chicken Nuggets	Fri	✓ wheat			✓				✓							
Baked Cod	Fri					✓ Cod										
Chips	Fri															
Lemon Drizzle	Fri	✓ wheat			✓											
*mc (may contain)																

Spring Term 2019 - Lunch Menu - WEEK

NAME:.....

Week commencing: 21/01, 11/02, 11/03, 01/04

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 & tomato pizza. Pasta spirals, sweetcorn		Roast gammon. Creamed potatoes, garden peas.		Cod fish fingers. Chipped potatoes. Baked beans or sweetcorn.	
Vegetable curry with rice		Cheese omelette		Chicken & chorizo bake		Vegetable crumble		Quorn burgers on baps	
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	
Currant & sultana sponge & custard		Strawberry jelly		Carrot cake		Chocolate sponge & chocolate sauce		Iced yum yums	
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

	<u>Day</u>	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soybean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Week 3 Dish Jan – April '19															
Yoghurts	Daily							✓							
Sausage Rolls	Mon	✓ wheat		✓											
Bean Casserole	Mon	✓ wheat					✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Diced Pots	Mon														
Spaghetti Hoops	Mon	✓ wheat													
Fruit Sponge	Mon	✓ wheat		✓											
Custard	Mon							✓							
Roast Beef	Tues														
Gravy	Tues	✓ wheat					✓			✓					
Y Pudding	Tues	✓ wheat		✓				✓							
Cheese Omelette	Tues			✓				✓							
Roast Potatoes	Tues														
Strawberry Jelly	Tues														
Cheese & Tomato Pizza	Weds	✓ wheat & barley						✓							
Cod & Chorizo Bake	Weds				✓ Cod										
Pasta	Weds	✓ wheat													
Carrot Cake	Weds	✓ wheat		✓											
Roast Gammon	Thurs														
Gravy	Thurs	✓ wheat		✓			✓ *mc	✓ *mc		✓ *mc	✓ *mc				
Y Pudding	Thurs	✓ wheat		✓				✓							
Creamed Pots	Thurs														
Veg Crumble	Thurs	✓ wheat						✓							
Choc Sponge	Thurs	✓ wheat		✓				✓							
Choc Sauce	Thurs							✓							
Cod in Batter	Fri	✓ wheat			✓ Cod			✓			✓				
Quorn Baps	Fri	✓ wheat		✓ white				✓							
Baked Beans	Fri														
Iced Yum Yums	Fri	✓ wheat		✓				✓	✓ *mc						

*mc (may contain)