

Summer Term 2018 - Lunch Menu - WEEK 1

NAME:.....

Week commencing: 17/04, 07/05, 04/06, 25/06, 16/07

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Savoury minced beef. Wholemeal pasta spirals. Broccoli		Roast gammon. Creamed potatoes, green beans.		Fish fingers in batter. Mini potato waffles. Spaghetti hoops or peas.		Roast turkey. Roast potatoes, baby carrots.		Pork sausages. Chipped potatoes. Baked beans or sweetcorn.	
Stir fried veg with soft noodles		Roasted Quorn slices		Vegetable cottage pie		Macaroni cheese		Vegetable sausages in rolls	
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 & vanilla swirl cake		Blackcurrant jelly		Iced ginger sponge		Peach & raspberry crumble & custard		Jam doughnuts	
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: 23/04, 14/05, 11/06, 02/07

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Meatballs in tomato sauce. Mixed grain rice. Garden peas.		Roast turkey. Roast potatoes. Baby carrots.		Spaghetti Bolognese. Fresh salad or green beans. Garlic bread.		Roast gammon. Roast potatoes. Broccoli.		Chicken Nuggets. Chipped potatoes. Baked beans or garden peas.	
Vegetable chilli con carne		Cheese and potato pie		Vegetable lasagne		Roasted Quorn slices		Tuna & cod fish pie	
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	
Syrup sponge & custard		Flapjack		Strawberry mousse		Toffee fudge tart		Choc ice	
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 30/04, 21/05, 18/06, 09/07

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken & ham star pie. Creamed potatoes. Mixed peas & sweetcorn.		Roast Beef. Roast potatoes. Baby carrots		Cheese and tomato pizza. Oven baked diced potatoes. Sweetcorn or fresh salad.		Roast gammon. Creamed potatoes. Broccoli.		Cod fish fingers in batter Chipped potatoes. Spaghetti hoops or peas.	
Mixed bean casserole		Roasted Quorn slices		Baked cod, (no breadcrumbs or batter)		Cheese omelette		Vegetable pancakes	
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	
Strawberry jelly		Jam sponge & custard		Mandarin cheesecake		Chocolate cookies		Iced sprinkle 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

<u>Week 3</u> <u>Dish</u> Jan- March 18	<u>Day</u>	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							✓							