



School Dinner Menu, April - July 2018

Child's Name: _____

Class: _____

Please select one main course and one dessert

Week	Choice	Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
1	1	Sweet & sour chicken rice & peas		Chicken wrap, savoury rice & salad (G)		Roast beef, roast potatoes, vegetables & gravy (SD)		All day breakfast (G,E,SO,SD)		Meatballs baked in a tomato & basil sauce, & mixed vegetables (G)	
	2	Jacket potato with: Beans		Quorn burger in a bun with savoury rice & salad (SO,G, E, M)		Ratatouille and pasta (G)		All day vegetarian breakfast (S,G,E,M)		Panini with:	
		Tuna Mayo (MU,E,F,S,SD)			Cheese & tomato (S,M,G)						
	A	Ice cream & fruit (M)		Blueberry muffin (G, E, S)		Angel Delight (M)		Fruit & Jelly Not suitable for vegetarians		Homemade sticky fruit flapjack (G,E)	
	B	Fruit		Fruit		Fruit		Fruit		Fruit	
C	Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		

Week	Choice	Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
2	1	Chicken korma with rice & peas (M,MU,E)		Toad in the hole, mash potato & peas (G, E, M, SD, S, O)		Roast chicken, roast potatoes, vegetables & gravy (SO,SD)		Pasta bolognese & mixed vegetables with 50/50 pasta (G,M)		Battered fish, chips & beans (M,F,G)	
	2	Jacket potato with beans & cheese (M)		Cheese sandwich & fruit (M, G, SO)		Roast Quorn, roast potatoes, vegetables & gravy (SO,SD)		Quorn mince bolognese & mixed vegetables with 50/50 pasta (G,M,S)		Tomato & basil pasta topped with grated cheese (M,G)	
	A	Fruit ice smoothie		Homemade cake (G)		Homemade buttered shortbread (G)		Homemade fruit crumble & custard (G,M)		Ice-cream roll M,G,E,SO,P)	
	B	Fruit		Fruit		Fruit		Fruit		Fruit	
	C	Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)	

Week	Choice	Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
3	1	Beef burger in a bun with wedges & salad (G,SO,SD)		Chicken goujons with mashed potato & baked beans (M,G)		Chicken noodle & French bread (G, E, SD, SO)		Roast pork, roast potatoes, vegetables, gravy & apple sauce (SD)		Fish finger, sauté potato and hoops (F,G,E)	
										Salmon finger, sauté potato and hoops (SO,S,G,E,M)	
	2	Margarita pizza with wedges & salad (G, M)		Vegetarian nuggets with mashed potato & baked beans (M,G)		Jacket potato with cheese (M)		Egg salad (E)		Quorn sausage, sauté potato and hoops (SO,G,E,M)	
	A	Choc ice (M, SO, N)		Cheese, crackers & grapes (M, D, G)		Homemade rice krispie cake (G)		Jelly & fruit Not suitable for vegetarians		Banana cake (S, G, M, E)	
	B	Fruit		Fruit		Fruit		Fruit		Fruit	
C	Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		Yoghurt (M)		

Meals are £2.50 per day. All meals need to be ordered and 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.

Allergens:	C - Celery	CR - Crustaceans	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	

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

PLEASE RETURN THIS MENU TO THE SCHOOL OFFICE BY FRIDAY 16th MARCH



