

# MENU Monday 12<sup>th</sup> September - Friday 21<sup>st</sup> October 2022 - SCHOOL MEALS COST £2.30 PER DAY (£11.50 PER WEEK)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/B 12 <sup>th</sup> Sept (week 3)	Chicken Fajitas 1, 2, 4 Macaroni Cheese 2, 7, 9 Potato Wedges Corn on the Cob & Salad Chocolate Crispy Cakes 2, 4, 7	Beef Spring Rolls 1, 2, 4, 7 Thai Vegetable Noodles 2, 4 Curry Sauce Rice & Peas Jelly & Fruit	BBQ Pulled Pork in a Wrap 2, 4 Macaroni Cheese 2, 7, 9 Salad & Sweetcorn Victoria Sponge & Fresh Strawberries 2, 4, 7	Roast Turkey Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Broccoli, Carrots & Stuffing 1, 2, 7 Frozen Yoghurt 7	Chicken Nuggets 2, 13 Veggie Nuggets 2, 4 Chips & Beans Milkshake 7 Jam Tart 2, 4
W/B 19 <sup>th</sup> Sept (week 4)	Pasta Bolognaise 2 Pasta with Tomato & Basil Sauce 2 Garlic Bread 2 Peas & Carrots Cupcakes 2, 4, 7	Cheese & Bacon Whirls 4, 7 Quorn Sausage 4 Mashed Potato 7 Beans Strawberry Mousse 7	Chicken Tikka Curry 4,7, 9 Pasta with Tomato & Basil Sauce 2 Rice & Peas Naan Bread 2, 7 Fruit Salad & Cream 7	Roast Gammon & Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Cabbage, Carrots & Stuffing 1, 2, 7 Jelly & Fruit	Chicken Burger 2, 4 Southern Style Quorn Burger 2, 4, 7 Beans & Chips Milk Shake & Choc-Ice 7
W/B 26 <sup>th</sup> Sept (week 5)	Sausage Roll 2, 4, 7, 9, 13, 14 Quorn Sausages 2, 4, 7 Mash 7 Green Beans & Carrots Gravy 2,4,13 Lemon Drizzle Cake 2, 4, 7	Cheese & Ham Quiche 2, 4, 7 Macaroni Cheese 2, 7, 9 New Potatoes Salad Shortbread Biscuit 2, 7	Lasagne 2, 7 Pasta & Sauce 2 Garlic Bread 2 Coleslaw 4 & Sweetcorn Fruit Salad & Cream 7	Roast Beef Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Carrots, Cauliflower & Stuffing 1, 2, 7 Yoghurt 7	Cod Fish Portions 2, 7 Southern Style Quorn Burger 2, 4, 7 Beans & Chips Chocolate Cake 2,4,7
W/B 3 <sup>rd</sup> Oct (week 6)	Chicken Fajitas 1, 2, 4 Macaroni Cheese 2, 7, 9 Potato Wedges Corn on the Cob & Salad Chocolate Crispy Cakes Pasta	Beef Spring Rolls 1, 2, 4, 7 Thai Vegetable Noodles 2, 4 Curry Sauce Rice & Peas Jelly & Fruit	BBQ Pulled Pork in a Wrap 2, 4 Macaroni Cheese 2, 7, 9 Salad & Sweetcorn Victoria Sponge & Fresh Strawberries 2, 4, 7	Roast Turkey Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Broccoli, Carrots & Stuffing 1, 2, 7 Frozen Yoghurt 7	Chicken Nuggets 2, 13 Veggie Nuggets 2, 4 Chips & Beans Milkshake 7 Jam Tart 2, 4
W/B 10 <sup>h</sup> Oct (week 7)	Pasta Bolognaise 2 Pasta with Tomato & Basil Sauce 2 Garlic Bread 2 Peas & Carrots Cupcakes 2, 4, 7	Cheese & Bacon Whirls 4, 7 Quorn Sausage 4 Mashed Potato 7 Beans Strawberry Mousse 7	Chicken Tikka Curry 4,7, 9 Pasta with Tomato & Basil Sauce 2 Rice & Peas Naan Bread 2, 7 Fruit Salad & Cream 7	Roast Gammon Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Cabbage, Carrots & Stuffing 1, 2, 7 Jelly & Fruit	Chicken Burger 2, 4 Southern Style Quorn Burger 2, 4, 7 Beans & Chips Milk Shake & Choc-Ice 7
W/B 17 <sup>th</sup> Oct (week 8)	Sausage Roll 2, 4, 7, 9, 13, 14 Quorn Sausages 2, 4, 7 Mash 7 Green Beans & Carrots Gravy 2,4,13 Lemon Drizzle Cake 2, 4, 7	Cheese & Ham Quiche 2, 4, 7 Macaroni Cheese 2, 7, 9 New Potatoes Salad Shortbread Biscuit 2, 7	Lasagne 2, 7 Pasta & Sauce 2 Garlic Bread 2 Coleslaw 4 & Sweetcorn Fruit Salad & Cream 7	Roast Beef Quorn Sausages 2, 4, 7 Roast Potatoes & Gravy 2,4,13 Yorkshire Pudding 2, 4, 7 Carrots, Cauliflower & Stuffing 1, 2, 7 Yoghurt 7	Cod Fish Portions 2, 7 Southern Style Quorn Burger 2, 4, 7 Beans & Chips Chocolate Cake 2,4,7

**Food Allergies and Intolerances** - If your child has a food allergy or intolerance, please speak to the class teacher who can liaise with the school kitchen regarding allergen information.

Yoghurts, fresh fruit and bread will be available every day. Please note: This menu is subject to minor alterations due to the availability of certain foods.

**Allergens** 1 - Celery 2 - Cereals containing gluten 3 - Crustaceans 4 - Egg 5 - Fish 6 - Lupins 7 - Milk 8 - Molluscs 9 - Mustard 10 - Nuts 11 - Peanuts 12 - Sesame Seeds 13 - Soya 14 - Sulphur Dioxide (Sulphites)