



Lunch Menus—Term 2 2018

Grab & Go Contains:

Each bag will contain four items daily and will always consist of: a 50/50 bread sandwich (ham, cheese or tuna mayo), a fresh fruit bag and a yogurt or jelly pot, to which we add low calorie crisps, cereal bars or cake and a selection of drinks.
(2,4,5,7,9,14)

Always available:

Yoghurts (7)
Fresh Bread (2,13)

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 w/c 12th Nov 3rd Dec	Main	Pasta Bolognese (2) with Garlic Bread (2,7)	French Bread Pizza (2,7,13) with Mixed Salad or Mixed Veg	Roast Pork and Apple Sauce (allergen Free) with Roast Potatoes, Cabbage, Carrots and gravy	Mild Chilli Con Carne with Rice and Crusty Bread (2)	Fish Fingers (1,2,5,7) with Chips, Baked Beans or Peas
	Veggie	Veggie Bolognese (2) with Pasta and Garlic Bread (2)	Macaroni Cheese (2,7) with Mixed Veg	Cheese and Potato Puff (2,7) with Roast Potatoes, Cabbage and Car- rots	Veggie Chilli with Rice and Crusty Bread (2)	Quorn Sausage (2,4,7) with Chips, Baked Beans or Peas
	Pudding	Chocolate Mousse (7)	Jelly	Ice Cream (4,7)	Mandarin Sponge (2,4,7)	Choc Chip Cookie (2,7)
		Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag
Week 2 w/c 19th Nov 10th Dec	Main	Cottage Pie (7) with Mixed Vegeta- bles	Chicken Korma (7) with Rice and Naan Bread (2)	Roast Gammon with Roast Potatoes, Yorkshire Pudding (2,4,7), broccoli ,carrots and gravy	Salmon Fish Cakes (2,5,7) with Mashed Potatoes and Peas	Sausage (2) with Chips and Baked Beans
	Veggie	Jacket Potato with Tuna (4,5,7) and Mixed Veg	Cheese Pizza (2,7) with Salad or Carrot and Pepper Sticks	Creamy Veg Pie (2,4,7) with Roast Potatoes, Broccoli and Carrots	Cheesy Broccoli Bake (2,7) with Cauliflower and Peas	Jacket Potato with Baked Beans and Peas
	Pudding	Jam Sponge and Custard (2,4,7)	Homemade Rice Pudding (7)	Banana Cake (2,4)	Angel Delight (7)	Iced Sponge (2,4,7)
		Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag
Week 3 w/c 5th Nov 26th Nov 17th Dec	Main	Pepperoni Pizza (2,7) with Potato Wedges and Peas	Hotdog (2,7) with Smiley Faces and Baked Beans	Roast Chicken with Yorkshire Pud- ding (2,4,7) with Roast Potatoes, Cauliflower and Carrots	Ravioli (2,4) with Mashed Potato (7), Green Beans and Sweetcorn	Battered Cod Fillet (2,7) with Chips and Peas
	Veggie	Veggie Toad in the Hole (2,4,7) with Potato Wedges and Peas	Veggie Chilli Cheese Wrap (2,7) with Smiley Faces and Baked Beans	Jacket Potato with Baked Beans and Mixed Veg	Veggie Fingers (2) with Mashed Potato (7) and Mixed Veg	Quorn Dippers (1,2,4,7) with Chips and Baked Beans
	Pudding	Apple Crumble and Custard (2,7)	Chocolate Cornflake Cake (2,7)	Raspberry Ripple Mousse (7)	Fruit Salad	Shortbread (2,7)
		Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag	Grab and Go Lunch Bag

Numbers in brackets refer to the Food Standards Agency allergen code as follows: (More details on school website)

- 1. Celery
- 2. Cereals Containing Gluten
- 3. Crustaceans

- 4. Eggs
- 5. Fish
- 6. Lupin

- 7. Milk
- 8. Molluscs
- 9. Mustard

- 10. Nuts
- 11. Peanuts
- 12. Sesame Seeds

- 13. Soya
- 14. Sulphur Dioxide (Sulphites)