



Lunch Menus—Term 4 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 19th Feb 12th March	Main	Home made Ham Pizza (2,7,13)	BBQ Chicken (1)	Roast Pork with Apple and Herb Stuffing (2)	Baked Pasta Bolognese (2)	Fish Fingers with Tomato Sauce (1,2,5,7)
	Vegetarian	Vegetable Lasagne (2,7)	Sweet Potato Curry (Allergen Free)	Vegetarian Toad in the Hole (2,4,7)	Cheese Filled Jacket Potato (7)	Quorn Dippers (2,4,7)
	Side	Sweetcorn and Peas	Pilau Rice, Carrots, Mixed Beans	Crispy Roast Potatoes and a Medley of Mixed Vegetables	Green Beans or Green Salad	Chunky Chips with Baked Beans or Peas
	Pudding	Mousse (7)	Cookies (2,7)	Chocolate and Orange Sponge with Custard (2,4,7)	Lemon Cheese Cake (2,7)	Ice cream (7) or Jelly Pot (Free)
	Grab & Go	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 26th Feb 19th March	Main	Sausages with Onion Gravy (2,14)	Salmon and Pasta Bake (2,5,7)	Roast Chicken and Stuffing (2)	Pork Meatballs in a Rich Tomato Sauce (2)	Fish Cakes with Tartare Sauce (2,5,7,9)
	Vegetarian	Quorn Mince Cottage Pie (2,7)	Cheese and Tomato Pizza (2,7,13)	Sweet Potato Vegetable Loaf (2,4,7)	Home made Tomato Soup with Cheese filled Baguette (2,7)	Vegetarian Pinwheel (2,13)
	Side	Mashed potato, Baked Beans or Peas	Fresh carrots or Red Salad	Crispy Roast Potatoes, Roast Root Vegetables and Cabbage	Rice, Green Beans and fresh Carrots	Chunky chips, Baked Beans or Peas
	Pudding	Flapjack 2	Lemon Drizzle Cake (2,4,7)	Jam Sponge and Custard (2,4,7)	Iced Chocolate Cake (2,4,7)	Ice cream (7) or Jelly Pot (Free)
	Grab & Go	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 March 26th March	Main	Beef Lasagne (2,7)	Hot Dog and side of Fried Onions (2,7,14)	Turkey with all the trimmings and Yorkshire Pudding (2,4,7)	Tuna Pasta Bake (2,5)	Breaded Fish with Tomato Sauce (1,2,5,7)
	Vegetarian	Home made Tomato Soup with Cheese filled Baguette (2,7)	Spanish Omelette (4,7,9)	Creamy Vegetable Pie (2,4,7)	Vegetarian Pizza (2,7)	Jacket Potato with beans and cheese (7)
	Side	Peas or mixed salad	Potato wedges, sweetcorn, coleslaw (4,7,9)	Crispy roast potatoes and a medley of Fresh Vegetables	Fresh carrots or mixed salad	Chunky chips, Baked Beans or Peas
	Pudding	Cheese and Biscuits with sliced fruit (7)	Iced Banana Cake (2,4,7)	Hot Apple Sponge and Vanilla Custard (2,4,7)	Chocolate Brownie (2,4,7)	Ice cream (7) or Jelly Pot (Free)
	Grab & Go	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)

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| 1. Celery | 4. Eggs | 7. Milk | 10. Nuts |
| 2. Cereals Containing Gluten | 5. Fish | 8. Molluscs | 11. Peanuts |
| 3. Crustaceans | 6. Lupin | 9. Mustard | 12. Sesame Seeds |
| | | | 13. Soya |
| | | | 14. Sulphur Dioxide (Sulphites) |