

Primary School Menu - Winter 2018

Week 1 08/01/2018, 05/02/2018, 05/03/2018						Traditional
	MON	TUE	WED	THUR	FRI	
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Potato and Leek Soup	Vegetable Soup	Lentil Soup		
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	
	Fish Fingers with Oven Chips	Spaghetti with Meatballs in a Tomato Sauce	Roast Turkey in Gravy Roast Potatoes	Chicken Enchiladas with Savoury Rice	Sausage in a Roll	
	Salad	Choice of Vegetables	Choice of Vegetables	Salad	Side of Fruit/Veg	
Main Option 2						
Main Option 3 (M)	Cheese & Tomato Pizza Oven Chips	Quorn Spaghetti Bolognaise	Jacket Potato with Beans and Cheese	Tomato and Basil Pasta with Garlic Bread	Vegetarian Sausage in a Roll	
	Salad	Salad	Salad	Choice of Vegetables	Side of Fruit/Veg	
Dessert	Yoghurt or Selection of Fresh Fruit or Oat Biscuit	Yoghurt or Selection of Fresh Fruit or Mixed Melon Pot	Yoghurt or Selection of Fresh Fruit or Banana Pop	Yoghurt or Selection of Fresh Fruit or Crispie Cake	Yoghurt or Selection of Fresh Fruit or Popcorn	
PACKED LUNCH						
This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables						

Week 2 15/01/2018, 12/02/2018, 12/03/2018

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Potato and Leek Soup	Vegetable Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Macaroni Cheese with Garlic Bread	Steak Pie with Mashed Potatoes	Fish and Chips	Chicken Korma with Rice	Chicken Goujons in a Bun
	Salad	Choice of Vegetables	Choice of Vegetables	Naan Bread	Side of Fruit/Veg
Main Option 3 (M)	Quorn and Vegetable Korma with Rice	Three Bean Chilli Wrap with Mozzarella	Sweet and Sour Quorn with Savoury Rice	Jacket Potato with Beans and Cheese	Quorn Dippers in a Bun
	Naan bread	Salad	Mixed Roast Vegetables	Salad	Side of Fruit/Veg
Dessert	Yoghurt or Selection of Fresh Fruit or Fairy Cake	Yoghurt or Selection of Fresh Fruit or Fruit Jelly	Yoghurt or Selection of Fresh Fruit or Mixed Berries	Yoghurt or Selection of Fresh Fruit or Cheese and Crakers with Grapes	Yoghurt or Selection of Fresh Fruit or Brownie

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

Week 3 22/01/2018, 19/02/2018, 19/03/2018

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup		Potato and Leek Soup		Vegetable Soup
	Lentil Soup				
Main Option 2	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
	Cod and Salmon Fish Cakes with Pasta Twirls	Cottage Pie Choice of Vegetables	Roast Beef in Gravy Mashed Potato Yorkshire Pudding	Cheese and Tomato Pizza with Potato Smiles	Grilled Chicken in a Bun Side of Fruit/Veg
Main Option 3 (M)	Salad		Choice of Vegetables	Salad	
	Quorn Chilli Carne with Rice	Tomato and Basil Pasta Garlic Bread	Butternut Squash and Chick Pea Curry with Rice	Quorn Dippers with Potato Smiles	Vegetarian Burger in a Bun
Dessert	Salad	Choice of Vegetables	Naan Bread	Baked Beans	Side of Fruit/Veg
	Yoghurt or Selection of Fresh Fruit or Carrot Cake	Yoghurt or Selection of Fresh Fruit or Apple Crumble with Custard	Yoghurt or Selection of Fresh Fruit or Mixed Melon Pots	Yoghurt or Selection of Fresh Fruit or Mini Shortbread with a Fruit Wedge	Yoghurt or Selection of Fresh Fruit or Popcorn

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

Week 4 29/01/2018, 26/02/2018, 26/03/2018

Traditional



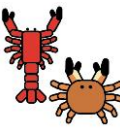
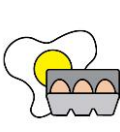
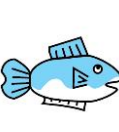
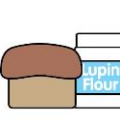



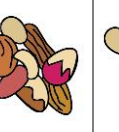

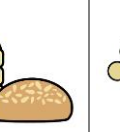
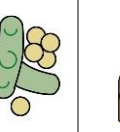

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Potato and Leek Soup	Vegetable Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Chicken Tikka Wrap Potato Smiles	Chilli Con Carne with Rice	BBQ Chicken with Oven Chips	Chicken and Pasta Bake with Garlic Bread	Beefburger in a Bun
	Choice of vegetables	Salad	Choice of Vegetables	Salad	Side of Fruit/Veg
Main Option 3 (M)	Quorn Spaghetti Bolognaise	Jacket Potato with Beans and Cheese	Vegetarian Sausages with Mashed Potatoes	Cheese Omelette with Garlic Bread and Baked Beans	Quorn Burger in a Bun
	Choice of Vegetables	Salad	Choice of vegetables		Side of Fruit/Veg
Dessert	Yoghurt or Selection of Fresh Fruit or Empire Biscuit	Yoghurt or Selection of Fresh Fruit or Cheese and Biscuits with Grapes	Yoghurt or Selection of Fresh Fruit or Chunky Fruit Salad	Yoghurt or Selection of Fresh Fruit or Fruit Jelly	Yoghurt or Selection of Fresh Fruit or Brownie

PACKED LUNCH




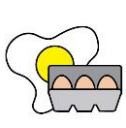
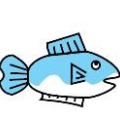







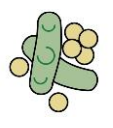

This includes a sandwich, a drink, a piece of fruit, yoghurt or homebaking and a choice of dried fruit/raw vegetables

DISHES AND THEIR ALLERGEN CONTENT - WINTER 2018



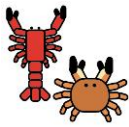
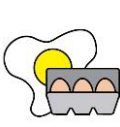
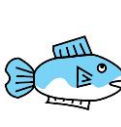
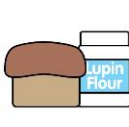








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Week 1 traditional/week 3 regen														
DATES 08/01/2018, 05/02/2018, 05/03/2018	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Knorr Chicken Noodle Soup	X _(m/c)	X		X			X _(m/c)							
Potato and Leek Soup	X													
Vegetable Soup		X _(m/c)					X _(m/c)							
Lentil Soup														
Cheese Sandwich		X					X						X	
Egg Sandwich		X		X			X		X				X	
Ham Sandwich		X					X						X	
Tuna Sandwich		X		X	X		X		X				X	
Salmon fish fingers					X									
Oven chips														

Mixed salad														
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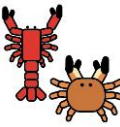
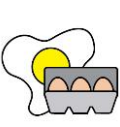
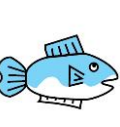




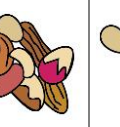

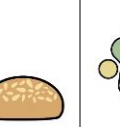
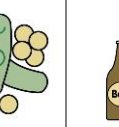

Week 1 traditional/week 3 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese and Tomato Pizza		X					X							
Yoghurt							X							
Fresh Fruit														
Oat Biscuit		X					X							
Spaghetti and Meatballs		X												
Vegetables														
Vegetarian Bolognese		X		X			X _(m/c)							
Mixed Melon Pot														
Roast Turkey in Gravy														

Roast Potatoes		X												
Jacket Potatoes with Baked Beans and Cheese							X							
Banana Pop							X							
Chicken Enchiladas		X					X							
Savoury Rice														
Tomato and Basil Pasta		X					X							
Garlic Bread		X					X							
Crispie Cake		X					X							
Sausage in a Roll		X												
Vegetarian Sausage in a Roll		X												
Side of Fruit/Veg														
Popcorn														


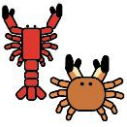



Week 1 traditional/week 3 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Water														
Fruit Juice Drink														
Milk Drink							X							
Free Bread – Garlic Loaf		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread - White Farmhouse		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Kingsmill Wholemeal		X											X	
Free Bread – Kingsmill White		X											X	
Free Bread – Oval Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Cheese & Onion Bread		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Farmhouse Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Finger Rolls		X					X			X(m/c)	X(m/c)	X(m/c)	X	



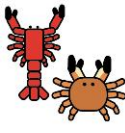
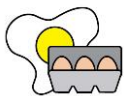
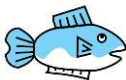
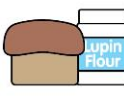








DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018

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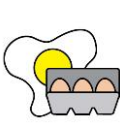
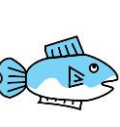
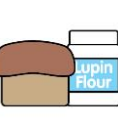




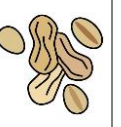



Week 2 traditional/week 4 regen														
DATES 15/01/2018, 12/02/2018, 12/03/2018	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Knorr Chicken Noodle Soup	X _(m/c)	X		X			X _(m/c)							
Potato and Leek Soup	X													
Vegetable Soup		X _(m/c)					X _(m/c)							
Lentil Soup														
Cheese Sandwich		X					X						X	
Egg Sandwich		X		X			X		X				X	
Ham Sandwich		X					X						X	
Tuna Sandwich		X		X	X		X		X				X	
Macaroni Cheese		X					X							X
Garlic Bread		X					X							

Mixed Salad														
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Week 2 traditional/week 4 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quorn Korma				X			X		X					
Rice														
Naan Bread		X					X							
Yoghurt							X							
Fresh fruit														
Fairy Cake		X		X			X							
Steak Pie		X					X							
Mashed Potatoes														
Mixed Vegetables														
Three Bean Chilli Wrap with Mozzarella		X					X							X _(m/c)



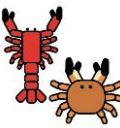
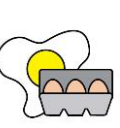

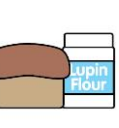



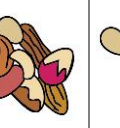

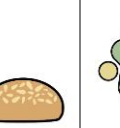
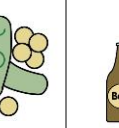

Week 2 traditional/w eek 4 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fruit Jelly														
Fish					X									
Oven Chips														
Sweet and Sour Quorn				X										
Savoury Rice														
Mixed roasted vegetables														
Mixed Berries														
Chicken Korma							X		X					
Rice														
Naan Bread		X					X							
Jacket Potato with Beans and Cheese							X							

Cheese, Crackers and Grapes		X					X							
Chicken Goujons in a Bun		X												
Quorn Dippers in a Bun		X		X			X					X _(m/c)	X _(m/c)	
Brownie		X		X										



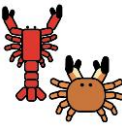
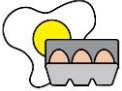
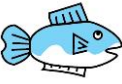
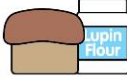








Week 2 traditional/week 4 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Water														
Fruit Juice Drink														
Milk Drink							X							
Free Bread – Garlic Loaf		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread - White Farmhouse		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Kingsmill Wholemeal		X											X	
Free Bread – Kingsmill White		X											X	
Free Bread – Oval Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Cheese & Onion Bread		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Farmhouse Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Finger Rolls		X					X			X (m/c)	X (m/c)	X (m/c)	X	

DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018



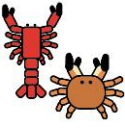
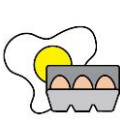
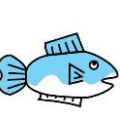
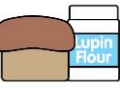






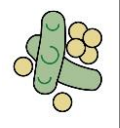

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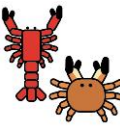
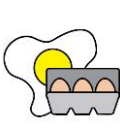

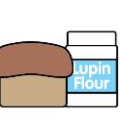


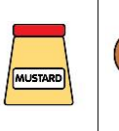





Week 3 traditional/week 1 regen														
DATES 22/01/2018, 19/02/2018, 19/03/2018	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Knorr Chicken Noodle Soup	X _(m/c)	X		X			X _(m/c)							
Potato and leek soup	X													
Vegetable Soup		X _(m/c)					X							
Lentil Soup														
Cheese Sandwich		X					X						X	
Egg Sandwich		X		X			X		X				X	
Ham Sandwich		X					X						X	
Tuna Sandwich		X		X	X		X		X				X	
Cod and Salmon Fish Cakes		X					X							
Pasta Twirls		X												

Mixed salad														
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Week 3 traditional/week 1 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Quorn Chilli				X										
Rice														
Yoghurt							X							
Fresh fruit														
Carrot Cake		X		X										
Cottage Pie							X							
Mixed Vegetables														
Tomato and Basil Pasta		X					X							
Garlic Bread		X					X							



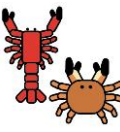
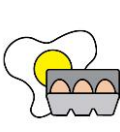
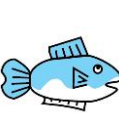
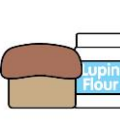








Apple Crumble with Custard		X					X							
Roast Beef in Gravy														
Mashed Potato														
Yorkshire Pudding		X		X			X							
Butternut Squash and Chick Pea Curry														
Rice														
Naan Bread		X					X							
Mixed Melon														
Cheese and Tomato Pizza		X					X							
Potato Smiles														
Quorn Dippers		X		X			X					X _(m/c)	X _(m/c)	
Mini Shortbread with a Fruit Wedge		X					X							
Grilled Chicken in a Bun		X		X _(m/c)			X					X _(m/c)	X _(m/c)	

Week 3 traditional/week 1 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetarian Burger in a Bun		X					X					X _(m/c)	X _(m/c)	X
Side of Fruit/Veg														
Popcorn														



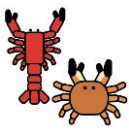
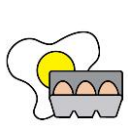








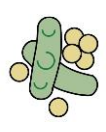

Week 3 traditional/week 1 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Water														
Fruit Juice Drink														
Milk Drink							X							
Free Bread – Garlic Loaf		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread - White Farmhouse		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Kingsmill Wholemeal		X											X	
Free Bread – Oval Cavalier		X											X	
Free Bread – Cheese & Onion Bread		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Farmhouse Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Finger Rolls		X					X			X (m/c)	X (m/c)	X (m/c)	X	



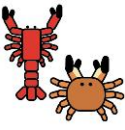
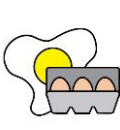
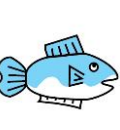
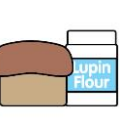




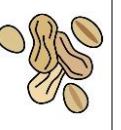



DISHES AND THEIR ALLERGEN CONTENT - WINTER MENU 2018

[m/c = may contain]

Week 4 traditional/week 2 regen														
DATES 29/01/2018, 26/02/2018, 26/03/2018	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Knorr Chicken Noodle Soup	X _(m/c)	X		X			X _(m/c)							
Potato and leek soup	X													
Vegetable Soup		X _(m/c)					X _(m/c)							
Lentil Soup														
Cheese Sandwich		X					X						X	
Egg Sandwich		X		X			X		X				X	
Ham Sandwich		X					X						X	
Tuna Sandwich		X		X	X		X		X				X	
Chicken Tikka Wrap		X					X							
Potato Smiles														

Mixed Vegetables														
Vegetarian Bolognaise		X		X			X _(m/c)							
Yoghurt							X							
Fruit Selection														
Empire Biscuit		X					X							
Chilli Con Carne														
Rice														
Jacket Potato with Beans and Cheese							X							
Salad														
Cheese and Crackers with Grapes		X					X							
BBQ Chicken Fillet		X		X _(m/c)										
Oven Chips														
Vegetarian Sausages		X												
Mashed Potatoes														

Week 4 traditional/week 2 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fruit Salad														
Chicken and Pasta Bake		X					X							
Garlic Bread		X					X							
Cheese Omelette				X			X							
Beans														
Fruit Jelly														
Beef Burger in a Bun		X					X			X _(m/c)		X _(m/c)	X _(m/c)	X _(m/c)
Quorn Burger in a Bun		X		X			X					X _(m/c)	X	
Side of Fruit/Veg														
Brownie		X		X										

Week 4 traditional/week 2 regen														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Water														
Fruit Juice Drink														
Milk Drink							X							
Free Bread – Garlic Loaf		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread - White Farmhouse		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Kingsmill Wholemeal		X											X	
Free Bread – Kingsmill White		X											X	
Free Bread – Oval Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Cheese & Onion Bread		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Farmhouse Cavalier		X					X			X (m/c)	X (m/c)	X (m/c)	X	
Free Bread – Finger Rolls		X					X			X (m/c)	X (m/c)	X (m/c)	X	