



**Charlestown  
Primary School**



# Lunch Menu

Fresh fruit, crusty bread  
and yogurts available daily

**ALLERGENS**  
PLEASE REFER TO THE ALLERGEN NUMBERS ON THE MENU THE 14 ALLERGENS CAN BE FOUND ON THE SCHOOL WEBSITE  
IF YOUR CHILD HAS A SEVERE ALLERGY PLEASE SPEAK TO THE CATERING MANAGER ABOUT THEIR DIETARY REQUIREMENTS  
ALTHOUGH EVERY EFFORT IS TAKEN TO AVOID CROSS CONTAMINATION WE CANNOT GUARANTEE THAT ALL OF OUR  
HOMEMADE PRODUCTS ARE 100% GLUTEN FREE AND NUT FREE AS WE DO PREPARE OTHER SUCH FOOD ITEMS IN THE SAME  
KITCHEN

## A- ALLERGENS

	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
01/01/2024	BANK HOLIDAY		SCHOOL HOLIDAY		SCHOOL HOLIDAY		Roast turkey with sage and onion stuffing and veg gravy served with roast potatoes, green beans and carrots	2	Gluten free Fillet of fish served with ketchup served with chunky chips and beans	5
							Veggie roast served with roast potatoes, green beans and carrots with veg gravy.	2 4 7	Vegetable pakoras in a wholemeal pitta with mint yoghurt served with chunky chips and peas	2, 7
							Jacket potato with tuna	4 5	Jacket potato with cheese and beans	7
							Sticky toffee and date pudding	7 4 2	Greek yoghurt with fruit coulis	7
	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
08/01/2024	Pasta served with a tomato and basil sauce with green beans and sweetcorn	2	Beef lasagne served with garlic bread (may contain seeds) and salad	7 2 4	Sweet and sour chicken served with rice vegetables		Roast beef with Yorkshire pudding and veg gravy served with roast potatoes, peas and carrots	4 2 7	Gluten free fish fillet with ketchup served with potato wedges baked beans or peas	5
		7 2	Soya based veggie lasagne made with gluten free pasta and a vegan style sauce served with salad	13	Vegetable mini savouries served with rice, curry sauce and vegetables	7 2	Veggie loaf served with roast potatoes, carrots and peas with veg gravy	7 2 4	Cheese and pepper sweet potato base quiche served with potato wedges baked beans or peas	4, 7 2
ALLERGEN KEY	Jacket potato with feta cheese and grapes	7	Jacket potato with cheese and cherry tomatoes	7	Jacket potato with tuna mayonnaise	5 4	Jacket potato with cheese and cucumber	7	Jacket potato with cheese and beans	4,7
	Vanilla cake with icing and sprinkles	7 4 2	Short cake	7 2	Fruity jelly(veg)		Chocolate mousse	7	Cherry Cheesecake	7,2
	1 = Celery and Celeriac e.g. stalks, seeds and leaves  2 = Cereals containing Gluten e.g. wheat, rye, barley, oats		3 = Crustaceans  4 = Eggs  5 = Fish		6 = Lupin Seeds and Flour  7 = Milk 8 = Molluscs 9 = Mustard		10 = Other Nuts e.g. walnuts, cashews, pecan, Brazil, pistachio, 11 = Peanuts		12 = Sesame Seeds  13 = Soya 14 = Sulphur Dioxide and Sulphites	







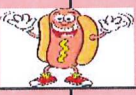

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SAME KITCHEN

### A - ALLERGENS

	No Meat Monday	A	Tuesday	A	Wednesday	A	AMERICAN DINER DAY Thursday	A	Friday	A
15/01/2024	Tomato and herb Pizza served with cucumber & tomatoes	2 7	Sausage roll served with smiley fries and baked beans (pork)	2	Roasted PORK with stuffing and veg gravy served with roast potatoes, parsnips and carrots	2	MINI BEEF BURGER IN A BAP WITH FRIES & KETCHUP 	2	Gluten free fish fingers with ketchup served with chunky chips, and baked beans	5
			Vegan sausage roll served with smiley fries and peas	2	Pasta served with a tomato sauce served with carrots/cucumber	2	VEGGIE HOTDOG SERVED WITH FRIES AND KETCHUP	4 2	Vegan sausage served with chunky chips and peas	2, 4
	Jacket potato with cheese and beans	7	Jacket potato with chicken tikka and iceberg lettuce		Jacket potato with cheese and cherry tomatoes	7	CORN ON THE COB / SLAW	4	Jacket potato with cheese and beans	7
	Chocolate Rice pudding	7	Mini gingerbread people (may contain milk)	2	Pear crumble with cream	7 2	MISSISSIPPIE MUD PIE OR ICE CREAM 	4 7 2	Fruity ice cream	7
	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
22/01/2024	Macaroni Cheese served with carrots/cucumber	7 2	Pizza topped with mozzarella and pepperoni (pork) served with cucumber and cherry tomatoes	7,2	Roasted Chicken with stuffing and veg gravy served with roast potatoes, parsnips, peas and carrots	2	Turkey Chimichurri (Mild turkey chilli) with rice served with mixed salad	9	Gluten free Fillet of fish served with ketchup with chips and baked beans or peas	
		2	Quorn balls served in a tomato sauce with pasta(2) served with cucumber and cherry tomatoes	4,2 7	Potato ,leek and cheese bake served with carrots and peas	2 7	Chickpea ,sweet potato and spinach tagine with rice served with mixed salad	7	Cauliflower cheese served with peas	7 2
ALLERGEN KEY	Jacket potato with feta and grapes	7	Jacket potato with lime and coriander chicken	4	Jacket potato with tuna and cherry tomatoes	4 5	Jacket potato with cheese	7	Jacket potato with cheese and beans	7
	Mini cookies	7 2	sultana sponge with icing	4,7 2	Profiteroles topped with chocolate sauce	4 7 2	Frozen fruity yoghurt	7	Raspberry ripple sponge	2 4 7
	1 = Celery and Celeriac e.g. stalks, seeds and leaves  2 = Cereals containing Gluten e.g. wheat, rye, barley, oats		3 = Crustaceans 4 = Eggs 5 = Fish		6 = Lupin Seeds and Flour 7 = Milk 8 = Molluscs 9 = Mustard		10 = Other Nuts e.g. walnuts, cashews, pecan, Brazil, pistachio, 11 = Peanuts		12 = Sesame Seeds 13 = Soya 14 = Sulphur Dioxide and Sulphites	





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KITCHEN

## A- ALLERGENS

	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
29/01/2024	Falafel and spinach burger served in a bap with coleslaw(4) and mixed leaves(may contain seeds)	2 4	Southern fried chicken wrap with mayonnaise(4) served with carrot and cucumber	7 2 4	Chicken korma with coconut rice, mango chutney, diced tomatoes & cucumber and garlic & coriander naan bread(may contain nigella seeds)	7 2	Roast turkey with sage and onion stuffing and veg gravy served with roast potatoes, green beans and carrots	2	Gluten free Fillet of fish served with ketchup served with chunky chips and beans	5
			Homemade cheese and onion twists served with carrot and cucumber sticks	2 7	Vegetable samosas with a curry sauce served with coconut rice, mango chutney, diced tomatoes & cucumber	2 7	Veggie roast served with roast potatoes, green beans and carrots with veg gravy.	2 4 7	Vegetable pakoras in a wholemeal pitta with mint yoghurt served with chunky chips and peas	2, 7
	Jacket potato with cheese	7	Jacket potato with chicken mayonnaise	4	Jacket potato with cheese	7	Jacket potato with tuna	4 5	Jacket potato with cheese and beans	7
	Chocolate and Orange cake	2 7 4	Fresh fruit salad		Mango sorbet		Sticky toffee and date pudding	7 4 2	Greek yoghurt with fruit coulis	7
	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	CHINESE NEW YEAR	
05/02/2024	Pasta served with a tomato and basil sauce with green beans and sweetcorn	2	Beef lasagne served with garlic bread (may contain seeds)and salad	7 2 4	Gluten free fish fillet with ketchup served with potato wedges baked beans or peas	5	Roast beef with Yorkshire pudding and veg gravy served with roast potatoes, peas and carrots	4 2 7	SWEET AND SOUR CHICKEN BALLS SERVED WITH BOILED RICE AND PRAWN CRACKERS	2 5
		7 2	Soya based veggie lasagne made with gluten free pasta and a vegan style sauce served with salad	13	Cheese and pepper sweet potato base quiche served with potato wedges baked beans or peas	4 , 7 2	Veggie loaf served with roast potatoes , carrots and peas with veg gravy	7 2 4	VEGGIE PANCAKE ROLLS SERVED WITH A HOI SIN SAUCE ,BOILED RICE	2
ALLERGEN KEY	Jacket potato with feta cheese and grapes	7	Jacket potato with cheese and cherry tomatoes	7	Jacket potato with cheese and beans	4 , 7	Jacket potato with cheese and cucumber	7	STIR FRIED VEGETABLES	
	Vanilla cake with icing and sprinkles	7 4 2	Short cake	7 2	Cherry Cheesecake	7 , 2	Chocolate mousse	7	PINEAPPLE CAKE OR ICE CREAM	2 4 7
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	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
19/02/2024	INSET DAY		Sausage roll served with smiley fries and baked beans (pork)	2	Roasted PORK with stuffing and veg gravy served with roast potatoes, parsnips and carrots	2	Chicken meatballs with pasta(2) served with cucumber & tomatoes	7 2	Gluten free fish fingers with ketchup served with chunky chips, and baked beans	5
			Vegan sausage roll served with smiley fries and peas	2	Pasta served with a tomato sauce served with carrots/cucumber	2	Veggie chilli served with rice ,cucumber and tomatoes	13	Vegan sausage served with chunky chips and peas	2, 4
			Jacket potato with chicken tikka and iceberg lettuce		Jacket potato with cheese and cherry tomatoes	7	Jacket potato with tuna	4 5	Jacket potato with cheese and beans	7
			Mini gingerbread people (may contain milk)	2	Pear crumble with cream	7 2	Blueberry muffin	4 7 2	Fruity ice cream	7

	No Meat Monday	A	Tuesday	A	Wednesday	A	Thursday	A	Friday	A
26/02/2024	Macaroni Cheese served with carrots/cucumber	7 2	Pizza topped with mozzarella and pepperoni (pork)served with cucumber and cherry tomatoes	7,2	Roasted Chicken with stuffing and veg gravy served with roast potatoes, parsnips, peas and carrots	2	Turkey Chimichurri (Mild turkey chilli) with rice served with mixed salad	9	Gluten free Fillet of fish served with ketchup with chips and baked beans or peas	
		2	Quorn balls served in a tomato sauce with pasta(2) served with cucumber and cherry tomatoes	4,2 7	Potato ,leek and cheese bake served with carrots and peas	2 7	Chickpea ,sweet potato and spinach tagine with rice served with mixed salad	7	Cauliflower cheese served with peas	7 2
ALLERGEN KEY	Jacket potato with feta and grapes	7	Jacket potato with lime and coriander chicken	4	Jacket potato with tuna and cherry tomatoes	4 5	Jacket potato with cheese	7	Jacket potato with cheese and beans	7
	Mini cookies	7 2	sultana sponge with icing	4,7 2	Profiteroles topped with chocolate sauce	4 7 2	Frozen fruity yoghurt	7	Raspberry ripple sponge	2 4 7
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