



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 SERVERE ALLERGY PLEASE SPEAK TO THE CATERING MANAGER ABOUT THEIR DIETARY REQUIREMENTS ALTHOUGH EVERY EFFORT IS TAKEN TO AVOID CROSS CONTAMINTION 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	А	Wednesday	А	Thursday	А	Friday	А
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
01/01							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	Α	Tuesday	А	Wednesday	А	<u>Thursday</u>	А	Friday	А
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
08/01/2024	,	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
	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
KEY	Vanilla cake with icing and sprinkles	7 4 2	Short cake	7 2	Fruity jelly(veg)		Chocolate mousse	7	Cherry Cheesecake	7,2
ALLERGEN	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	micorg .





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	No Meat Monday	А	Tuesday	А	Wednesday	А	AMERICAN DINER DAY Thursday	A	Friday	А
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
15/01			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 iceburg 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	MISSIPPIEE MUD PIE OR ICE CREAM	4 7 2	Fruity ice cream	7
	No Meat Monday	А	Tuesday	А	Wednesday	А	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	
22/0		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
	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
ΕY	Mini cookies	7 2	sultana sponge with icing	4,7 2	Profiteroles topped with chocolate sauce	4 7 2	Frozen fruity yoghurt This Photo by	7	Raspberry ripple sponge	2 4 7
ALLERGEN KEY	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		Unknow 10 = Other Nuts n Author e.g. walnuts, cashews, pecan, Brazil, pistachio, is 11 = Peanuts licensed under CC BY-		12 = Sesame Seeds 13 = Soya 14 = Sulphur Dioxide and Sulphites	SUSTAINA SEAFOOD MSC





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	No Meat Monday	А	Tuesday	А	Wednesday	А	Thursday	Α	Friday	A
,2024	Falafel and spinach burger served in a bap with coleslaw(4) and mixed leaves(may contain seeds)	2	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
29/01/2024			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	<i>x</i>	Sticky toffee and date pudding	7 4	Greek yoghurt with fruit coulis	7
	No Meat Monday	А	Tuesday	А	Wednesday	А	<u>Thursday</u>	A	CHINESE NEW YEAR	A
/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
05/02/2024		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
	Jacket potato with feta cheese and grapes	7	Jacket potato with cheese and cherry tomatoes	7	Jacket potato with cheese and beans	4	Jacket potato with cheese and cucumber	7	STIR FRIED VEGETABLES	
KEY	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	24
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No Meat Monday	A	Tuesday	А	Wednesday	A	Thursday	A	Friday	1
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	
		Jacket potato with chicken tikka and iceburg lettuce		Jacket potato with cheese and cherry tomatoes	7	Jacket potato with tuna	4 5	Jacket potato with cheese and beans	
		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	А	Wednesday	A	Thursday	А	Friday	
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	
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	
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	
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	No Meat Monday INSET DAY No Meat Monday Macaroni Cheese served with carrots/cucumber Jacket potato with feta and grapes Mini cookies 1 = Celery and Celeriac e.g. stalks, seeds and leaves 2 = Cereals containing Gluten	No Meat Monday INSET DAY No Meat Monday A No Meat Monday Macaroni Cheese served with carrots/cucumber 2 Jacket potato with feta and grapes Mini cookies 7 2 1 = Celery and Celeriac e.g. stalks, seeds and leaves 2 = Cereals containing Gluten	No Meat Monday INSET DAY Sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and peas Jacket potato with chicken tikka and iceburg lettuce Mini gingerbread people (may contain milk) No Meat Monday A Tuesday Macaroni Cheese served with carrots/cucumber 2 Pizza topped with mozzarella and pepperoni (pork)served with cucumber and cherry tomatoes 2 Quorn balls served in a tomato sauce with pasta(2) served with cucumber and cherry tomatoes Jacket potato with feta and grapes Jacket potato with feta and coriander chicken 1 = Celery and Celeriac e.g. stalks, seeds and leaves 2 = Cereals containing Gluten	No Meat Monday INSET DAY Sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and peas 2 Jacket potato with chicken tikka and iceburg lettuce Mini gingerbread people (may contain milk) A Tuesday A A Tuesday A A A A A A A A A A A A A	No Meat Monday INSET DAY Sousage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with roast potatoes, parsnips and veg gravy served with smiley fries and peas Vegan sausage roll served with smiley fries and peas Vegan sausage roll served with smiley fries and peas Vegan sausage roll served with coarrots of the smiley fries and peas Jacket potato with chicken tikka and iceburg lettuce Mini gingerbread people (may contain milk) No Meat Monday A Tuesday A Wednesday Macaroni Cheese served with cucumber and cherry tomatoes Pizza topped with mozzarella and pepperoni (pork)served with cucumber and cherry tomatoes Quorn balls served in a tomato sauce with pasta(2) served with cucumber and cherry tomatoes Jacket potato with feta and grapes Jacket potato with feta and coriander chicken Jacket potato with feta and coriander chicken Jacket potato with feta and coriander chicken Alini cookies Jacket potato with iline and coriander chicken Leg stalks, seeds and leaves 2 Sultana sponge with icing 3 = Crustaceans 4 = Eggs 5 = Fish 3 = Crustaceans 4 = Eggs 5 = Fish 6 = Lupin Seeds and Flour 7 = Milik 8 = Molluscs 9 = Mussard	No Meat Monday Sausage roll served with smiley fries and baked beans (pork) 2 Roasted PORK with stuffing and yeg gravy served with roast potatoes, parsips and carrots 2 Pasta served with a tomato sauce served with carrots/cucumber 2 3 2	No Meat Monday A Tuesday Sousage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with sous portains and vegaray served with pasta(2) served with roast potatoes, parsings and carrots Vegan sausage roll served with sous portains and vegaray served with a tomato sauce served with a tomato sauce served with carrots/cucumber Jacket potato with chicken tilkkia and icebury tomatoes Mini gingerbread people (may contain milk) No Meat Monday A Tuesday A Wednesday A Wednesday A Thursday Macaroni Cheese served with a tomato sauce served with carrots/cucumber In Pizza topped with mozzarella and people (may contain milk) A Wednesday A Wednesday A Thursday Macaroni Cheese served with cucumber and cherry tomatoes 2 Roasted Chicken with stuffing and veg gravy served with cucumber and cherry tomatoes 2 Quorn balls served with cucumber and cherry tomatoes 2 Quorn balls served with cucumber and cherry tomatoes 2 Quorn balls served with cucumber and cherry tomatoes 2 Quorn balls served with cucumber and cherry tomatoes 2 Quorn balls served with cucumber and cherry tomatoes 2 Substance sporage with line and coriander chicken 2 Jacket potato with feta and grapes Jocket potato with feta and grapes Jocket potato with fieta and coriander chicken 3 Cutstaceass 4 Eggs 5 = Fish 5 Frozen fruity yoghurt 2 Subtons sporage with long 2 Subtons sporage with long 3 Cutstaceass 4 Eggs 5 = Fish 5 Fish 7 Milk 8 No Molluscs 9 - Mustard 10 Chicken meatballs with pasta(2) served with cucumber and flour cucumber and flou	No Meat Monday A Tuesday A Wednesday A Chicken meatballs with 7 pasta(2) served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and baked beans (pork) Vegan sausage roll served with smiley fries and beas carrots Vegan sausage roll served with smiley fries and beas carrots Jacket potato with chicken tikka and iceburg lettuce Jacket potato with chicken tikka and iceburg lettuce A Jacket potato with cheese and cherry tomatoes Mini gingerbread people (may contain milk) No Meat Monday A Tuesday A Wednesday A Thursday A Thursd	No Meat Monday A Tuesday A Roasted PORK with stuffing and veg gravy served with pasta(2) served with roast pastases and carrots? 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