

Hot Lunch Programme / Summer Term 2018

Week commencing 16th April

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

Vinaigrette served separately

ALLERGENS: MUS, MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Grilled chicken escalope, Provençal sauce, steamed rice & green beans

ALLERGENS: MIL,

Provençal vegetable stew, steamed rice & green beans (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef chipolatas, baby new potatoes, sweetcorn, peas, carrots & gravy

ALLERGENS: MIL

Leek & cheddar croquettes, baby new potatoes, sweetcorn, peas, carrots (v) ketchup sachets

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Baked cod with tomato & cheese, wholegrain rice & broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Pulled chicken, tomato and mozzarella pizza

ALLERGENS: WHE, MIL, CEL

Margarita pizza (v) CRECHE

ALLERGENS: WHE, MIL, CEL

Spinach, mushroom and ricotta pizza (v)

ALLERGENS: WHE, MIL, CEL

Garden salad with cherry tomato, cucumber & carrot (v)

Vinaigrette served separately

ALLERGENS: MUS

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 23rd April

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan

ALLERGENS: WHE, CEL, MIL

Tomato & basil wholemeal penne, bowls of parmesan (v) CRECHE

ALLERGENS: WHE, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, bowls of parmesan (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Garden salad with cherry tomato, cucumber & carrot (v)

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Chicken pie, baby new potatoes, broccoli & carrots

ALLERGENS: MIL, WHE, EGG

Spinach & ricotta filo pie, baby new potatoes, broccoli & carrots (v)

ALLERGENS: MIL, WHE

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Slow cooked beef stroganoff, steamed rice, green beans & carrots

ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)

ALLERGENS: CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets (v)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Sweet & sour chicken with egg fried rice

ALLERGENS: SOY (GF), EGG

Sweet & sour tofu with egg fried rice (v)

ALLERGENS: SOY (GF) EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini pineapple cake

ALLERGENS: WHE, EGG, MIL

Week commencing 30th April

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Macaroni cheese (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Spanish style lamb meatballs, courgettes, peppers & rice

ALLERGENS: WHE, CEL, MIL

Broccoli, baby new potato & feta tortilla, courgettes & peppers (v)

ALLERGENS: EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

BBQ boneless chicken thighs, potato puffs & corn on the cob

ALLERGENS: WHE, EGG, SOY

BBQ halloumi & vegetable skewers, potato puffs & corn on the cob (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, peas, carrots, mini potato wedges, lemon mayo/ketchup sachets

ALLERGENS: WHE, EGG, FIS, MIL

Butternut arancini cakes, peas, carrots, mini potato wedges, mayo/ketchup sachets (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Chicken katsu curry with steamed rice

ALLERGENS: WHE, MIL, EGG

Sweet potato & butternut katsu curry with steamed rice (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini passion fruit cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 7th May

Monday

NO SCHOOL BANK HOLIDAY

Tuesday

Hachis parmentier with green beans

ALLERGENS: CEL, MIL

Lentil parmentier, with green beans (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Roast chicken breast, roast new potatoes, broccoli, carrots & gravy

ALLERGENS: CEL, SUL

Butternut & lentil loaf, roast new potatoes, broccoli, carrots & gravy (v)

ALLERGENS: CEL, EGG, WHE,

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Roast fillet of salmon, gnocchi in a light cream sauce, asparagus, courgettes & peas

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Gnocchi tomato bake (v) CRECHE

Fresh gnocchi with asparagus, courgettes & peas in a light cream sauce (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Slow cooked shredded beef burritos

ALLERGENS: WHE, MIL, CEL

Mixed vegetable & bean burritos (v)

ALLERGENS: WHE, MIL, CEL

Tortilla chips/Mexican coleslaw

ALLERGENS: WHE

Mini chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 14th May

Monday

Lemon & oregano chicken skewers, creamy wholegrain pesto pasta, bowls of parmesan
ALLERGENS: WHE, MIL

Creamy wholegrain pesto pasta (v) CRECHE

Baby mozzarella salad, cherry tomato & cucumber (v)
ALLERGENS: MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Fruit yoghurt
ALLERGENS: MIL

Tuesday

Steak haché, gravy, mini potato wedges, green beans & carrots
ALLERGENS: WHE

Carrot, courgette & halloumi burgers, mini potato wedges, green beans & carrots (v) (gf/df)
ALLERGENS: CEL

Wholegrain/white baguette slice
ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken fricassee in a creamy sauce, steamed rice & broccoli
ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice & broccoli (v)
ALLERGENS: MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Banana

Thursday

Haddock goujons, mini potato wedges, peas, carrots, sweetcorn, lemon mayo/ketchup sachets
ALLERGENS: FIS, WHE, EGG

Butternut squash & feta croquettes, peas, carrots, sweetcorn, mini potato wedges, lemon & mayo/ketchup sachets (v)
ALLERGENS: MIL, WHE,

Wholegrain/white baguette slice
ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



South Indian chicken curry with pilaf rice

ALLERGENS:

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini carrot cakes with cream cheese frosting (NO NUTS)

ALLERGENS: WHE, MIL, EGG

Week commencing 21st May

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Garden salad with cherry tomato, cucumber & carrot (v)

Vinaigrette dressing served separately

ALLERGENS: MUS

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Grilled chicken escalope, Provençal sauce, steamed rice & green beans

ALLERGENS: MIL,

Provençal vegetable stew, steamed rice & green beans (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef chipolatas, baby new potatoes, sweetcorn, peas, carrots & gravy

ALLERGENS: MIL

Leek & cheddar croquettes, baby new potatoes, sweetcorn, peas, carrots (v) ketchup sachets

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Baked cod with tomato & cheese, wholegrain rice & broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Pulled chicken, tomato and mozzarella pizza

ALLERGENS: WHE, MIL, CEL

Margarita pizza (v) CRECHE

ALLERGENS: WHE, MIL, CEL

Spinach, mushroom and ricotta pizza (v)

ALLERGENS: WHE, MIL, CEL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot (v)

Vinaigrette served separately

ALLERGENS: MUS

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 28th May

HALF TERM

Week commencing 4th June

Monday

Creamy chicken macaroni cheese

ALLERGENS: WHE, MIL,

Macaroni cheese (v)

ALLERGENS: WHE, MIL,

Wholegrain/white baguette slice

ALLERGENS: WHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Spanish style lamb meatballs, courgettes, peppers & rice

ALLERGENS: WHE, CEL, MIL

Broccoli, baby new potato & feta tortilla, courgettes & peppers (v)

ALLERGENS: EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

BBQ boneless chicken thighs, potato puffs & corn on the cob

ALLERGENS: WHE, EGG, SOY

BBQ halloumi & vegetable skewers, potato puffs & corn on the cob (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Salmon fish cakes, peas, carrots, mini potato wedges, lemon mayo/ketchup sachets

ALLERGENS: WHE, EGG, FIS, MIL

Butternut arancini cakes, peas, carrots, mini potato wedges, mayo/ketchup sachets (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Chicken katsu curry with steamed rice

ALLERGENS: WHE, MIL, EGG

Sweet potato & butternut katsu curry with steamed rice (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Mini passion fruit cakes

ALLERGENS: WHE, EGG, MIL

Week commencing 11th June

Chicken parmigiana, tomato & basil wholegrain penne, bowls of parmesan

ALLERGENS: WHE, EGG, CEL, MIL

Tomato & basil wholemeal penne, bowls of parmesan (v) CRECHE

ALLERGENS: WHE, CEL, MIL

Courgette and ricotta cannelloni (v)

ALLERGENS: WHE, EGG, CEL, MIL

Garden salad with cherry tomato, cucumber & carrot (v)

Vinaigrette dressing served separately

ALLERGENS: MUS

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Hachis parmentier with green beans

ALLERGENS: CEL, MIL

Lentil parmentier, with green beans (v)

ALLERGENS: WHE, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Roast chicken breast, roast new potatoes, broccoli, carrots & gravy

ALLERGENS: CEL, SUL

Butternut & lentil loaf, roast new potatoes, broccoli, carrots & gravy (v)

ALLERGENS: CEL, EGG, WHE,

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Roast fillet of salmon, gnocchi in a light cream sauce, asparagus, courgettes & peas

ALLERGENS: FIS, WHE, EGG, CEL, MIL

Gnocchi tomato bake (v) CRECHE

Fresh gnocchi with asparagus, courgettes & peas in a light cream sauce (v)

ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Slow cooked shredded beef burritos

ALLERGENS: WHE, MIL, CEL

Mixed vegetable & bean burritos (v)

ALLERGENS: WHE, MIL, CEL

Tortilla chips/Mexican coleslaw

ALLERGENS: WHE

Mini chocolate cakes with vanilla frosting

ALLERGENS: WHE, MIL, EGG, SOY

Week commencing 18th June

Monday

Lemon & oregano chicken skewers, creamy wholegrain pesto pasta, bowls of parmesan

ALLERGENS: WHE, MIL

Creamy wholegrain pesto pasta (v) CRECHE

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Steak haché, gravy, mini potato wedges, green beans & carrots

ALLERGENS: WHE

Carrot, courgette & halloumi burgers, mini potato wedges, green beans & carrots (v) (gf/df)

ALLERGENS: CEL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Chicken fricassee in a creamy sauce, steamed rice & broccoli

ALLERGENS: WHE, EGG, MIL

Vegetarian meatballs in a creamy sauce, steamed rice & broccoli (v)

ALLERGENS: MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Haddock goujons, mini potato wedges, peas, carrots, sweetcorn, lemon mayo/ketchup sachets

ALLERGENS: FIS, WHE, EGG

Butternut squash & feta croquettes, peas, carrots, sweetcorn, mini potato wedges, lemon & mayo/ketchup sachets (v)

ALLERGENS: MIL, WHE,

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



South Indian chicken curry with pilaf rice

ALLERGENS:

Vegetable coconut curry with pilaf rice (v)

ALLERGENS:

Mini naan bread

ALLERGENS: WHE

Mini carrot cakes with cream cheese frosting (NO NUTS)

ALLERGENS: WHE, MIL, EGG

Week commencing 25th June

Monday

Beef lasagne

ALLERGENS: WHE, MIL, CEL, EGG

Butternut squash, spinach & ricotta lasagne (v)

ALLERGENS: WHE, MIL, CEL

Garlic bread

ALLERGENS: WHE, MIL

Baby mozzarella salad, cherry tomato & cucumber (v)

ALLERGENS: MIL

Fruit yoghurt

ALLERGENS: MIL

Tuesday

Grilled chicken escalope, Provençal sauce, steamed rice & green beans

ALLERGENS: MIL,

Provençal vegetable stew, steamed rice & green beans (v)

ALLERGENS: WHE, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Pineapple & grapes

Wednesday

Beef chipolatas, baby new potatoes, sweetcorn, peas, carrots & gravy

ALLERGENS: MIL

Leek & cheddar croquettes, baby new potatoes, sweetcorn, peas, carrots (v) ketchup sachets

ALLERGENS: MIL, WHE, EGG

Wholegrain/white baguette slice

ALLERGENS: WHE

Banana

Thursday

Baked cod with tomato & cheese, wholegrain rice & broccoli

ALLERGENS: FIS, CEL, MIL

Provençal courgette gratin, wholegrain rice & broccoli (v)

ALLERGENS: WHE, EGG, MIL

Wholegrain/white baguette slice

ALLERGENS: WHE

Strawberry yoghurt parfait

Friday



Pulled chicken, tomato and mozzarella pizza

ALLERGENS: WHE, MIL, CEL

Margarita pizza (v) CRECHE

ALLERGENS: WHE, MIL, CEL

Spinach, mushroom and ricotta pizza (v)

ALLERGENS: WHE, MIL, CEL

Garden salad with shredded iceberg, cherry tomato, cucumber & carrot (v)

Vinaigrette served separately

ALLERGENS: MUS

Mini lemon cakes

ALLERGENS: WHE, EGG, MIL

Week commences 2nd July

Monday

Beef meatballs, tomato & basil wholemeal penne, bowls of parmesan
ALLERGENS: WHE, CEL, MIL

Tomato & basil wholemeal penne, bowls of parmesan (v) CRECHE
ALLERGENS: WHE, CEL, MIL

Aubergine polpettine, tomato & basil wholemeal penne, bowls of parmesan (v)
ALLERGENS: WHE, EGG, CEL, MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Garden salad with cherry tomato, cucumber & carrot (v)
Vinaigrette dressing served separately
ALLERGENS: MUS

Fruit yoghurt
ALLERGENS: MIL

Tuesday

Chicken pie, baby new potatoes, broccoli & carrots
ALLERGENS: MIL, WHE, EGG

Spinach & ricotta filo pie, baby new potatoes, broccoli & carrots (v)
ALLERGENS: MIL, WHE

Wholegrain/white baguette slice
ALLERGENS: WHE

Pineapple & grapes

Wednesday

Slow cooked beef stroganoff, steamed rice, green beans & carrots
ALLERGENS: MIL, SUL, MUS

Mushroom, lentil & butternut stroganoff, steamed rice, green beans & carrots (v)
ALLERGENS: CEL, MIL

Wholegrain/white baguette slice
ALLERGENS: WHE

Banana

Thursday

Salmon nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets
ALLERGENS: FIS, WHE, EGG, CEL, MIL

Vegetarian nuggets, sweet potato chips, sweetcorn & peas ketchup/mayo sachets (v)
ALLERGENS: CEL

Wholegrain/white baguette slice
ALLERGENS: WHE

Strawberry yoghurt parfait

KEY TO ALLERGENS

WHE: cereals containing gluten

CRU: crustaceans, for example prawns, crabs, lobster and crayfish

EGG: eggs

FIS: fish

PEA: peanuts

SOY: soybeans

MIL: milk

TRE: nuts, such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts

CEL: celery (and celeriac)

MUS: mustard

SES: sesame

SUL: sulphur dioxide, which is a preservative found in some dried fruit

LUP: lupin

MOL: molluscs, for example clams, mussels, whelks, oysters, snails and squid