

Sir Thomas Abney Primary School Lunch Menu Autumn 2016

The Menu Meets the Revised School Food Standards Jan 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Jambalaya Veg Jambalaya Turmeric & Cumin Rice Butternut Squash Sliced Green Beans Forest Fruits & Vanilla Muffin Slice	Beef Bolognaise Mixed Beans & Veg Bolognaise Spaghetti Cauliflower Broccoli Fruit Shortbread Custard	Roast Soy Chicken Thigh Egg Fried Rice Veg Gravy Roast Potatoes Savoy Cabbage Roast Parsnips Fresh Fruit Salad Cream	Beef Lasagne Veg & Quorn Lasagne Mixed Salad Coleslaw Choc & Peach Sponge Choc Sauce	Breaded Cod Fillet Curried Lentil Parcels Chips Peas Carrots Fruit Jelly Whipped Cream
Week 2	Chicken Tikka Debjani's Chickpea Curry Rice, Naan Bread French Beans Carrots Apple & Blackberry Crumble Custard	Beef Sausages Quorn Sausages Veg Gravy Mash Potatoes Swede Kale Lemon Cake Cream	Wholemeal Chicken Pizza Wholemeal Green Pepper & Corn Pizza Mixed Salad Coleslaw Choc & Pear Sponge Choc Sauce	Minced Beef Pie Red Dragon Pie Savoy Cabbage Roast Parsnips Apple Flapjack	Salmon Pasta Bake Red Pepper & Onion Quiche Potato Salad Roast Seasoned Courgettes Carrots Apricot & Cranberry Sponge Custard
Week 3	Lemon & Thyme Chicken Thighs & Rice Tom, Lentil & Pepper Pasta Bake Plain Boiled Rice Broccoli Carrots Fresh Fruit Salad Cream	Beef Burger in a Bun Quorn Burger in a Bun Chips Mixed Salad Coleslaw Homemade Carrot Cake & Custard	Lamb Moussaka Beans & Veg Goulash with New Potatoes Roast Pumpkin Savoy Cabbage Mixed Fruit & Choc Cookie	Jacket potato with Chicken Mayo or Tuna Mayo & Sweetcorn, or Cheese Baked Beans Mixed Salad Pear & Plum Crumble Custard	Tuna Jambalaya Macaroni Cheese Rice Peas & Leeks Roast Butternut Squash Fruit Shortbread Strawberry Yoghurt

Daily: 1 organic vegetable (subject to availability), Mixed Salad, Homemade Bread & Fresh Fruit

Sir Thomas Abney Catering reserves the right to change this menu at any time

Key: **Red = Meat Main Dish** **Green = Vegetarian Main Dish** **Blue = Fish Main Dish**

We ensure that we balance the carbohydrate content of our meals e.g. not serving potatoes with rice based main

Please see overleaf for allergen information

Allergen Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p style="text-align: center;">Lemon juice</p> <p style="text-align: center;">Lemon juice</p> <p style="text-align: center;">Gluten, milk & eggs</p>	<p style="text-align: center;">Gluten</p> <p style="text-align: center;">Gluten & milk</p>	<p style="text-align: center;">Soy</p> <p style="text-align: center;">Soy, eggs & milk</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Gluten & milk</p> <p style="text-align: center;">Gluten, eggs & milk</p> <p style="text-align: center;">Eggs</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Gluten, fish, eggs & milk</p> <p style="text-align: center;">Gluten, eggs & milk</p> <p style="text-align: center;">Milk</p>
Week 2	<p style="text-align: center;">Milk</p> <p style="text-align: center;">Gluten & milk</p>	<p style="text-align: center;">Eggs</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Gluten, cheese & milk</p> <p style="text-align: center;">Gluten, cheese & milk</p> <p style="text-align: center;">Eggs</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Gluten, fish & cheese</p> <p style="text-align: center;">Gluten, eggs, cheese & milk</p> <p style="text-align: center;">Gluten eggs & milk</p>
Week 3	<p style="text-align: center;">Lemon juice</p> <p style="text-align: center;">Gluten</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Gluten & Eggs</p> <p style="text-align: center;">Gluten & Eggs</p> <p style="text-align: center;">Eggs</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Gluten, cheese & milk</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Eggs</p> <p style="text-align: center;">Fish & eggs</p> <p style="text-align: center;">Cheese</p> <p style="text-align: center;">Gluten, eggs & milk</p>	<p style="text-align: center;">Fish</p> <p style="text-align: center;">Gluten, cheese & milk</p> <p style="text-align: center;">Gluten & milk</p>

If you require any more information regarding allergens in food please do not hesitate to ask.