

# Sir Thomas Abney Primary School Lunch Menu Spring Term 2017

*The Menu Meets the Revised School Food Standards Jan 2015*

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 2/1 23/1 20/2 13/3	<b>Chicken In Tom Sauce</b> <b>Mixed Beans In Tom Sauce</b> Jollof Rice Plantain Sliced Green Beans <b>Choc &amp; Banana Muffin Slice</b>	<b>Beef Lasagne</b> <b>Veg &amp; Quorn Lasagne</b> Mixed Salad Coleslaw <b>Apple &amp; Peach Oat Crumble Custard</b>	<b>Roast Soy Chicken Thigh</b> <b>Egg Fried Rice</b> <b>Veg Gravy</b> Roast Potatoes Spring Green Roast Parsnips <b>Fresh Fruit Salad Cream</b>	<b>Beef Pie</b> <b>Vegetable Frittata</b> <b>With new Potatoes</b> Savoy Cabbage Roasted Butternut Squash <b>Choc &amp; Pear Sponge Choc Sauce</b>	<b>Breaded Cod Fillet</b> <b>Curried Lentil Parcels</b> Chips Peas Carrots <b>Lemon Cake Cream</b>
Week 2 w/c 9/1 30/1 27/2 20/3	<b>Chicken Tikka</b> <b>Debjani's Chickpea Curry</b> Rice, Naan Bread French Beans Butternut Squash <b>Apple &amp; Apricot Crumble Custard</b>	<b>Lamb Bolognese</b> <b>Quorn &amp; Veg Bolognese</b> Spaghetti Cauliflower Broccoli <b>Mixed Fruit &amp; Choc Cookie</b>	<b>Wholemeal Chicken Pizza</b> <b>Wholemeal Mushroom &amp; Pepper Pizza</b> Mixed Salad Rainbow Coleslaw <b>Choc &amp; Pear Sponge Choc Sauce</b>	<b>Beef Sausages</b> <b>Quorn Sausages</b> <b>Veg Gravy</b> Mash Potatoes Swede Spring Green <b>Apple &amp; Banana Oat Crumble Custard</b>	<b>Salmon Pasta Bake</b> <b>Leeks &amp; Onion Quiche with New Potatoes</b> Roast Seasoned Courgettes Carrots <b>Fruit Cocktail Jelly Whipped Cream</b>
Week 3 w/c 16/1 6/2 6/3 27/3	<b>Paprika Chicken Thighs</b> <b>Tom &amp; Red Pepper Pasta Bake</b> Plain Boiled Rice Broccoli Carrots <b>Fresh Fruit Salad Cream</b>	<b>Jacket potato with Chicken Mayo or Tuna Mayo &amp; Sweetcorn, or Cheese</b> Baked Beans Mixed Salad <b>Homemade Carrot Cake Custard</b>	<b>Jamaican Beef Patti</b> <b>Jamaican Quorn &amp; Veg Patti</b> Plantain/ Callaloo Sweet Potatoes <b>Banana Bread</b>	<b>Beef Burger in a Bun</b> <b>Quorn Burger in a Bun</b> Chips Mixed Salad Red Apple Coleslaw <b>Apple &amp; Apricot Crumble Custard</b>	<b>Tuna Bolognese</b> <b>Macaroni Cheese</b> Pasta Peas & Leeks Roast Butternut Squash <b>Fruit Shortbread Custard</b>

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

## Allergen Information

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Milk, wheat, gluten, eggs	<b>Cheese, milk, eggs, wheat, gluten</b> Cheese, milk, eggs, wheat, gluten  <b>Eggs</b> Milk, wheat, gluten	<b>Soy</b> Soy, milk, eggs   Milk	<b>Milk, eggs, wheat, gluten</b> Milk, eggs   Milk, wheat, gluten, eggs	<b>Fish, milk, eggs, wheat, gluten</b> Cheese, milk, eggs, wheat, gluten   Milk, wheat, gluten, eggs, lemon juice
Week 2	<b>Wheat, gluten</b> Milk, wheat, gluten	Eggs  <b>Wheat, gluten, eggs</b> Milk, wheat, gluten, eggs	<b>Cheese, milk, wheat, gluten</b> Cheese, milk, wheat, gluten  <b>Eggs</b> Milk, wheat, gluten, eggs	<b>Soya</b>  Eggs   Milk, wheat, gluten	<b>Fish, eggs, wheat, gluten</b> Milk, wheat, gluten, eggs   Milk
Week 3	Wheat, gluten, eggs   Milk	<b>Fish, eggs</b> Cheese   Wheat, gluten, eggs	<b>Milk, wheat, gluten, eggs</b> Milk, wheat, gluten, eggs   Milk, wheat, gluten, eggs	<b>Wheat, gluten, eggs</b> Wheat, gluten, eggs   <b>Eggs</b>  Milk, wheat, gluten	<b>Fish</b> Cheese, milk, eggs, wheat, gluten  <b>Wheat, gluten, eggs</b>  Milk, wheat, gluten

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