

Sir Thomas Abney Primary School Lunch Summer Menu 2017 Amended June 2017

The Menu Meets the Revised School Food Standards Jan 2015

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|--|
| Week 1 w/b: 5/6/17 26/6/17 17/7/17 | Chicken Curry Debjani's Chickpea Curry Rice, Naan Bread French Beans Butternut Squash Fresh Fruit Salad | Beef Sausages Quorn Sausages Veg Gravy Mash Potatoes Swede Broccoli Pineapple, Banana & Mixed Berries Smoothie | Wholemeal Chicken Pizza Wholemeal Sweet Pepper & Corn Pizza Mixed Salad Coleslaw Apple & Peach Oat Crumble Custard | Lamb Bolognaise Quorn & Veg Bolognaise Spaghetti Cauliflower Roast Butternut Squash Fruit Jelly & Whipped Cream | Salmon Pasta Bake Leeks & Red Pepper Quiche Potato Salad Roast Seasoned Courgettes Carrots Choc Ice Cream with Pears |
| Week 2 w/b: 12/6/17 3/7/17 | Jerk Chicken Thighs Macaroni Cheese Plain Boiled Rice (with chicken only) Plain Boiled Rice Broccoli Carrots Fresh Fruit Salad | Jacket potato with Chicken Mayo or Tuna Mayo with Sweetcorn, Cheese Filling Baked Beans Mixed Salad Apple & Apricot Crumble Custard | Jamaican Beef Patties Jamaican Veg Pattie Sweet Potatoes Callaloo/Plantain Mango, Cantaloupe & Mixed Berries Smoothie | Beef Burger in a Bun Quorn Burger in a Bun Chips Mixed Salad Coleslaw Raisin Shortbread Strawberry Yoghurt | Tuna Pasta Bake Mixed Beans Pasta Bake Broccoli Cauliflower Vanilla Ice Cream with Grapes |
| Week 3 w/b: 19/6/17 10/7/17 | Beef Pie Vegetable Frittata New Potatoes Roast Butternut Squash Savoy Cabbage Banana Bread | Chicken in Tomato Sauce Egg Fried Rice Noodles Veg Stir Fry Fruit Jelly & Whipped Cream | Roast Chicken Thigh Quorn & Leek Pie Veg Gravy Roast Potatoes (for Chicken only) Broccoli Parsnips Fresh Fruit Salad | Beef Lasagne Vegetarian Lasagne Mixed Salad Coleslaw Pears & Apple Oat Crumble Custard | Breaded Cod Fillet Curried Lentil Parcels Chips Peas Carrots Pineapple, Banana & Mixed Berries Smoothie |

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 | Cereals containing gluten | Soya Soya Cereals containing gluten | Cheese, Cereals containing gluten Cheese, Cereals containing gluten Cereals containing egg Cereals containing eggs & milk | Soya Cereals containing gluten Milk | Cereals containing gluten, fish Cereals containing gluten, eggs, milk & cheese Milk |
| Week 2 | Cheese, milk & gluten Cereals containing gluten | Eggs Fish & eggs Cheese Cereals containing gluten, milk | Cereals containing gluten, eggs, milk Cereals containing gluten, eggs, milk | Cereals containing gluten, sesame seeds Cereals containing gluten, sesame seeds Eggs Cereals containing gluten & milk | Fish Cereals containing gluten & eggs Milk |
| Week 3 | Cereals containing gluten, eggs, milk Eggs, cheese & milk Cereals containing gluten, eggs & milk | Eggs & milk Cereals containing gluten, eggs Soya Milk | Cereals containing gluten, cheese, eggs & milk | Cereals containing gluten, eggs, cheese & milk Cereals containing gluten, eggs, cheese & milk Eggs Cereals containing gluten & milk | Cereals containing gluten & fish Cereals containing gluten, egg & milk |

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