

Sir Thomas Abney Primary School Lunch Spring Menu 2018

The Menu Meets the Revised School Food Standards Jan 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 8/1 29/1 26/2 19/3	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 Florets Strawberry & Vanilla Muffin Slice	<u>Vegetarian Day</u> Sweet Pepper & Mushroom Wholemeal Pizza Olives & Sweet Corn Wholemeal Pizza Mixed Salad Seasoned Potato Wedges Homemade Carrot Cake Custard	Lamb Bolognaise Borlotti bean & Veg Bolognaise Spaghetti Cauliflower Florets Roast Butternut Squash Apple & Sultana Strudel Custard	Tuna Pasta Bake Quorn & Leek Pie Broccoli Carrots Apricot & Pear Oat Crumble Cream
Week 2 w/c 15/1 5/2 5/3 26/3	Mexican Beef Mexican Quorn & Veg Rice Roasted Courgettes & Aubergines Cauliflower Florets Apple & Apricot Oat Crumble Custard	Jacket potato with Chicken Mayo or Tuna Mayo with Sweetcorn, Cheese Filling Baked Beans Mixed Salad Choc & Peaches Sponge Choc Sauce	Paprika & Garlic Chicken Thigh Red Dragon Pie Plain Boiled Rice (with chicken only) Plain Boiled Rice Broccoli Florets Carrots Fresh Fruit Salad Cream	Beef Burger in a Bun Quorn Burger in a Bun Chips Mixed Salad Coleslaw Vanilla & Raisin Shortbread Strawberry Yoghurt	Salmon Pie Mushroom & Cherry Tom Quiche Potato Salad Cauliflower Florets Carrots Fruit Jelly & Whipped Cream
Week 3 w/c 22/1 19/2 12/3	BBQ Chicken Quorn Veg Stir Fry Egg Fried Rice Noodles Broccoli Florets Apricot & Apple Oat Crumble Custard	<u>Vegetarian Day</u> Macaroni Cheese Sweet Potato & Lentil Bake New Potatoes (with lentil bake only) Runner Beans Roast Butternut Squash Fresh Fruit Salad	Roast Chicken Thigh Veg Frittata Roast Potatoes Savoy Cabbage Parsnips Strawberry Smoothie	Beef Lasagne Vegetarian Lasagne Mixed Salad Rainbow Coleslaw Cranberry Cake Custard	Breaded Cod Fillet Curried Lentil Parcels Chips Peas & Leeks Carrots Vanilla & Banana Cookie

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

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