

## Sir Thomas Abney Primary School Lunch Autumn Menu 2018

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

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 3/9 24/9 15/10 12/11 3/12	<b>Quorn &amp; Veg Lasagne</b> <b>Mixed Beans Lasagne</b> Mixed Salad Potato Wedges  <b>Apricot &amp; Apple Oat</b> <b>Crumble &amp; Custard</b>	<b>Chicken Curry</b> <b>Debjani's Chickpea Curry</b> Rice, Naan Bread Carrots Cauliflower Florets  <b>Fresh Fruit Salad</b>	<b>Lamb Bolognaise</b> <b>Quorn &amp; Veg Bolognaise</b> Spaghetti Broccoli Florets Butternut Squash <b>Forest Fruits Muffin Slice &amp; Custard</b>	<b>Chicken &amp; Leek Pie</b> <b>Borlotti Beans &amp; Veg</b> New Potatoes Swede Savoy Cabbage  <b>Fruit Jelly &amp; Whipped Cream</b>	<b>Breaded Cod Fillet</b> <b>Curried Lentil Parcels</b> Chips Peas Carrots  <b>Apple &amp; Raisin Strudel &amp; Cream</b>
Week 2 w/c 10/9 1/10 29/10 19/11 10/12	<b>Meat Free Monday</b>  <b>Tuna Mayo &amp; Sweetcorn,</b> <b>Grated Cheese</b> Jacket potato Baked Beans Mixed Salad <b>Choc &amp; Pear Sponge &amp; Choc Sauce</b>	<b>BBQ Chicken</b> <b>Quorn &amp; Veg Stir Fry</b>  Egg Fried Rice Cauliflower Florets Noodles  <b>Fresh Fruit Salad</b>	<b>Beef Sausages</b> <b>Quorn Sausages</b> <b>Veg Gravy</b> Mash Potatoes Swede Savoy Cabbage  <b>Pear &amp; Plum Oat Crumble &amp; Custard</b>	<b>Wholemeal Chicken &amp; Sweet Corn Pizza</b> <b>Wholemeal Pepper, Olive &amp; Red Onion Pizza</b> Mixed Salad Potato Wedges <b>Apple &amp; Cinnamon Sponge &amp; Cream</b>	<b>Salmon Pie</b> <b>Red Dragon Pie</b> New Potatoes Broccoli Florets Butternut Squash  <b>Vanilla &amp; Raisin Shortbread &amp; Strawberry Yoghurt</b>
Week 3 w/c 17/9 8/10 5/11 26/11 17/12	<b>Meat Free Monday</b>  <b>Macaroni Cheese</b> <b>Red Lentil Bake</b> Sweet Potato Wedges ( <u>with Lentil Bake only</u> ) Roast Butternut Squash Broccoli <b>Cranberry Cake &amp; Custard</b>	<b>Roast Chicken Thigh</b> <b>Veg Frittata</b>  Roast Potatoes Roast Parsnips Savoy Cabbage  <b>Fresh Fruit Salad</b>	<b>Beef Burger in a Bun</b> <b>Quorn Burger in a Bun</b> Chips Mixed Salad Coleslaw  <b>Fruit Jelly &amp; Whipped Cream</b>	<b>Mexican Beef</b> <b>Mexican Beans &amp; Veg</b> Rice Broccoli Florets Carrots  <b>Apple &amp; Blackberry Oat Crumble &amp; Custard</b>	<b>Tuna Bolognaise</b> <b>Roasted Courgettes &amp; Pepper Quiche</b> <b>Potato Salad</b> Pasta ( <u>for Bol. only</u> ) Savoy Cabbage Cauliflower <b>Choc &amp; Raspberry Cookie</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	<p style="text-align: center;">Cheese, milk &amp; Soya Cereals containing gluten</p> <p style="text-align: center;">Cereals containing gluten, &amp; milk</p>	<p style="text-align: center;">Cereals containing gluten</p>	<p style="text-align: center;">Soya</p> <p style="text-align: center;">Cereals containing gluten, egg</p> <p style="text-align: center;">Cereals containing gluten, eggs &amp; milk</p>	<p style="text-align: center;">Cereals containing gluten, eggs, milk</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Cereals containing gluten, fish</p> <p style="text-align: center;">Cereals containing gluten, eggs, milk &amp; cheese</p> <p style="text-align: center;">Cereals containing gluten Eggs &amp; milk</p>
Week 2	<p style="text-align: center;">Fish, eggs</p> <p style="text-align: center;">Cheese,</p> <p style="text-align: center;">Cereals containing gluten, eggs, milk</p>	<p style="text-align: center;">Soya</p> <p style="text-align: center;">Cereals containing gluten, eggs, milk</p>	<p style="text-align: center;">Soya</p> <p style="text-align: center;">Soya</p> <p style="text-align: center;">Cereals containing gluten, milk</p>	<p style="text-align: center;">Cereals containing gluten, cheese</p> <p style="text-align: center;">Cereals containing gluten, cheese</p> <p style="text-align: center;">Cereals containing gluten, eggs &amp; milk</p>	<p style="text-align: center;">Cereals containing gluten, fish</p> <p style="text-align: center;">Cheese</p> <p style="text-align: center;">Cereals containing gluten. Milk</p>
Week 3	<p style="text-align: center;">Cereals containing gluten, cheese, milk</p> <p style="text-align: center;">Cheese</p> <p style="text-align: center;">Cereals containing gluten, eggs &amp; milk</p>	<p style="text-align: center;">Eggs, cheese &amp; milk</p> <p style="text-align: center;">Cereals containing gluten, eggs Soya</p> <p style="text-align: center;">Cereals containing gluten, eggs &amp; milk</p>	<p style="text-align: center;">Cereals containing gluten, soya</p> <p style="text-align: center;">Cereals containing gluten, soya</p> <p style="text-align: center;">Eggs</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Cereals containing gluten &amp; milk</p>	<p style="text-align: center;">Fish</p> <p style="text-align: center;">Cereals containing gluten, egg, cheese &amp; milk</p> <p style="text-align: center;">Cereals containing gluten</p> <p style="text-align: center;">Cereals containing gluten</p>

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