

Sir Thomas Abney Primary School Lunch Spring Menu 2019

The Menu Meets the Revised School Food Standards Jan 2015

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 7/1 28/1 25/2 18/3	Grated Cheese Tuna Mayo & Sweetcorn Baked Beans Jacket potato Mixed Salad Choc & Pear Sponge & Choc Sauce	Bean & Veg Stir Fry BBQ Chicken Egg Fried Rice Cauliflower Florets Noodles Fresh Fruit Salad	Red Dragon Pie Savoury Mince Beef Rice Broccoli Florets Carrots Apple & Blackberry Oat Crumble Custard	Quorn & Veg Pie Chicken & Leek Pie New Potatoes Swede Savoy Cabbage Fresh Fruit Salad	Curried Lentil Parcels Breaded Cod Fillet Chips Peas Carrots Fruit Jelly & Whipped Cream
Week 2 w/c 14/1 4/2 4/3 25/3	Meat Free Monday Quorn Balls Bolognese Mixed Beans Bolognese Spaghetti Broccoli Florets Butternut Squash Apricot & Apple Oat Crumble & Custard	Wholemeal Pepper, Olive & Red Onion Pizza Wholemeal Chicken & Sweet Corn Pizza Mixed Salad Potato Wedges Fresh Fruit Salad	Quorn Sausages Veg Gravy Beef Sausages Mash Potatoes Savoy Cabbage Swede Pear & Plum Oat Crumble & Custard	Chickpea & Veg Bake Cajun Chicken Veg Gravy Rice Broccoli Florets Sweetcorn Fresh Fruit Salad	Quorn Burger in a Bun Beef Burger in a Bun Chips Mixed Salad Coleslaw Fruit Jelly & Whipped Cream
Week 3 w/c 21/1 11/2 11/3 1/4	Meat Free Monday Macaroni Cheese Red Lentil Bake Sweet Potato Wedges (with Lentil Bake only) Roast Butternut Squash Broccoli Fruit Shortbread Custard	Debjaní's Chickpea Curry Chicken Curry Rice, Naan Bread Carrots Cauliflower Florets Fresh Fruit Salad	Quorn & Veg Lasagna Lamb Lasagna Mixed Salad Potato Wedges Homemade Carrot Cake & Custard	Veg Frittata Roast Chicken Thigh Veg Gravy Roast Potatoes Roast Parsnips Savoy Cabbage Fresh Fruit Salad	Quorn Fingers Salmon Fingers Chips Peas Carrots Fruit Jelly & Whipped Cream

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 w/c 7/1 28/1 25/2 18/3	Cheese, Fish, egg Cereals containing gluten, egg & milk	Cereals containing gluten Egg, Soy, milk	Cheese Cereals containing gluten, eggs & milk	Cereals containing gluten, egg, milk Cereals containing gluten, egg, milk	Cereals containing gluten, eggs, milk & cheese Cereals containing gluten, fish Milk
Week 2 w/c 14/1 4/2 4/3 25/3	Soya, eggs Cereals containing gluten Cereals containing gluten, eggs, milk	Cereals containing gluten, cheese Cereals containing gluten, cheese	Soya, egg Soya Cereals containing gluten Cereals containing gluten & milk	Cereals containing gluten	Cereals containing gluten, soya, egg Cereals containing gluten, soya Egg Milk
Week 3 w/c 21/1 11/2 11/3 1/4	Cereals containing gluten, cheese, milk Cheese Cereals containing gluten & milk	Cereals containing gluten, eggs, milk	Cheese, milk, egg Cereals containing gluten Cereals containing gluten, milk Cereals containing gluten, egg & milk	Cheese, milk, egg Cereals containing gluten	Cereals containing gluten, egg, cheese & milk Cereals containing gluten, fish Milk

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