




































































Ludlow Junior School Menu for Spring 1 7th January – 15th February 2019  /Vegetarian friendly

W/C January 7 th – 11 th / February 4 th – 8 th					
Week 1 & 5	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Bbq Chicken , New Potatoes & Sweetcorn	Sausage, Mash & Peas	Beef Lasagne, Herb Potatoes & Carrots	Roast Gammon, Roast Potatoes, Cauliflower Cheese & Green Beans	Pepperoni Pizza, Chips & Beans
<u>Vegetarian</u> 	Bbq Schnitzel, New Potatoes & Sweetcorn 	Veg Sausage, Mash & Peas 	Veg Lasagne, Herb Potatoes & Carrots 	Quorn Roast, Roast Potatoes, Cauliflower Cheese & Green Beans 	Cheese & Tomato Pizza, Chips & Beans 
<u>1 Sub Roll</u>	Bacon & Cheese	Egg Mayo 	Tuna Mayo	Cheese & Cucumber 	Beef Salad
<u>2 Jacket Potato</u>	Quorn Chilli 	Chicken Tikka	Baked Beans 	Beef Bolognaise	Cheese 
<u>Pudding</u>	Double Chocolate Muffin 	Fruit Salad 	Strawberry Mousse 	Ice Cream 	Lemon Drizzle Cake 

W/C January 21 st – 25 th					
Week 3	Meat Free Monday 	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Macaroni Cheese, Crusty Bread & Green Beans 	Chicken Curry, Rice & Carrots	Minced Beef & Onion Pie, Mash & Broccoli	Sausage & Tomato Pasta With Mixed Vegetables	Fish Fingers, Wedges & Peas
<u>Vegetarian</u> 	Bbq Veg Sausages, New Potatoes & Green Beans 	Veg Curry, Rice & Carrots 	Veg Mince & Onion Pie, Mash & Broccoli 	Veg Sausage & Tomato Pasta With Mixed Vegetables 	Veg Fingers, Chips & Peas 
<u>1 Sub Roll</u>	Egg Mayo & Cress 	Ham & Tomato	Cheese Salad 	Pork & Stuffing	Veg Sausage & Egg Mayo 
<u>2 Jacket Potato</u>	Baked Beans 	Egg Mayo 	Coronation Chicken	Veg Sausage & Beans 	Prawns in Marie Rose Sauce
<u>Pudding</u>	Raspberry Mousse 	Pineapple Upside Cake & Custard 	Fruit Salad 	Ice Cream 	White Chocolate Cake 

W/C January 14 th – 18 th / February 11 th - 15 th					
Week 2 & 6	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken & Bacon Pasta, Crusty Bread & Broccoli	Beef Chilli Tacos, Rice & Sweetcorn	Breaded Cod, New Potatoes & Peas	Roast Chicken, Roast Potatoes, Carrots & Cabbage	Hot Dog, Chips, Peas & Sweetcorn
<u>Vegetarian</u> 	Cheese & Tomato Pasta, Crusty Bread & Broccoli 	Quorn Chilli Tacos, Rice & Sweetcorn 	Cheese & Onion Pasty, New Potatoes & Peas 	Quorn Roast, Roast Potatoes, Carrots & Cabbage 	Veg Hot Dog, Chips, Peas & Sweetcorn 
<u>1 Sub Roll</u>	Veg Sausage & Tomato 	Chicken, Bacon, Lettuce & Tomato	Cheese & Coleslaw 	Sausage & Egg	Cheese & Onion 
<u>2 Jacket Potato</u>	Tuna Mayo & Sweetcorn	Baked Beans & Cheese 	Beef Chilli	Pizza Style 	Chicken Curry
<u>Pudding</u>	Apple Crumble & Custard 	Cookie 	Chocolate Mousse 	Ice Cream 	Blueberry Muffin 

W/C January 28 th – February 1 st					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Beef Goulash, Rice & Carrots	Chicken Burritos, New Potatoes & Peas	Sausage Roll, Mash & Sweetcorn	Roast Chicken, Roast Potatoes, Cauliflower & Green Beans	Fish Cakes, Chips & Beans
<u>Vegetarian</u> 	Veg Goulash, Rice & Carrots 	Veg Mince Burritos, New Potatoes & Peas 	Cheese & Tomato Quiche, New Potatoes & Sweetcorn 	Quorn Roast, Roast Potatoes, Cauliflower & Green Beans 	Veg Cakes, Chips & Beans 
<u>1 Sub Roll</u>	Ham	Egg Mayo & Tomato 	Tuna Mayo	Falafel & Salad 	Chicken Mayo
<u>2 Jacket Potato</u>	Cheese 	Meatballs & Cheese	Baked Beans 	Sausage & Beans	Quorn Bolognaise 
<u>Pudding</u>	Chocolate Chip Muffin 	Butterscotch Mousse 	Rice Pudding 	Ice Cream 	Jam Sponge & Custard 

Ludlow Junior School Menu Spring 1 2019

We refer to the guidance in the School Food Standards to develop our menu.

Milk, fresh fruit, vegetarian friendly yoghurts and sliced 50/50 bread is available daily as a choice.

Grated cheese is readily available and

A limited selection of salad will be available daily at the servery.

Our Catering Team can be contacted via the main school reception and can help you with;

- Information on Allergens.
- Identifying a menu suitable for your child if they have a dietary requirement
- A colour coded menu for a dairy/gluten free diet

Our CFK menu will provide your child with a healthy and nutritious diet that also engages and interests them

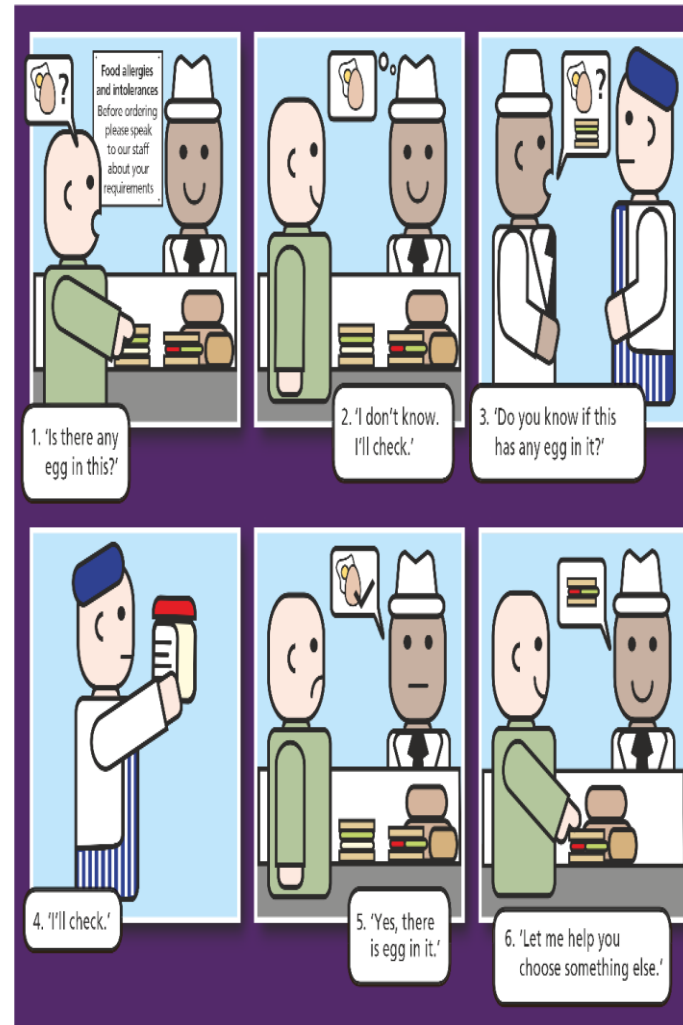


Please note the menu may be subject to change to meet the local needs.

All dishes can be amended to cater for Gluten Free.

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



Which ingredients can cause a problem?



Cereals containing gluten

Peanuts



Nuts



Milk



Soya



Mustard



Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide

For more information and advice about allergy, visit: food.gov.uk/allergy

A booklet Allergen information for loose foods is also available to download.