

Ludlow Junior School Menu for Spring 2 25th February – 5th March 2019 ✓/Vegetarian friendly

W/C February 25th – March 1st/25th – 29th

Week 1 & 5	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Southern Fried Chicken, New Potatoes & Sweetcorn	Toad in the Hole, Mash, Peas & Gravy	Pasta Bolognaise, Crusty Bread & Carrots	Roast Gammon, Parsley Sauce, Roast Potatoes, Green Beans & Carrots	Chicken Burger, Chips & Beans
<u>Vegetarian</u> ✓	Schnitzel, New Potatoes & Sweetcorn ✓	Veg Toad in the Hole, Mash Peas & Gravy ✓	Quorn Pasta Bolognaise, Crusty Bread & Carrots ✓	Quorn Roast, Roast Potatoes, Green Beans & Carrots ✓	Veg Burger, Chips & Beans ✓
<u>1 Sub Roll</u>	Ham & Cheese	Egg Mayo & Tomato ✓	Tuna Mayo & Cucumber	Cheese & Red Onion ✓	Coronation Chicken
<u>2 Jacket Potato</u>	Quorn Chilli ✓	Chicken a la King	Veg Sausage & Beans ✓	Beef Chilli	Cheese & Coleslaw ✓
<u>Pudding</u>	Fruit Salad ✓	Rice Pudding ✓	Double Chocolate Muffin ✓	Flapjack ✓	Ice Cream ✓

W/C March 11th – 15th

Week 3	Meat Free Monday ✓	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Macaroni Cheese & Carrots ✓	Chicken Tikka Masala, Rice & Peas	Lasagne, New Potatoes & Broccoli	Roast Chicken, Roast Potatoes, Cauliflower & Green Beans	Hot dog, Chips & Sweetcorn
<u>Vegetarian</u> ✓	Spanish Omelette ✓	Veg Curry, Rice & Peas ✓	Veg Lasagne, New Potatoes & Broccoli ✓	Quorn Roast, Roast Potatoes, Cauliflower & Green Beans ✓	Veg Hot dog, Chips & Peas ✓
<u>1 Sub Roll</u>	Cheese & Tomato Pizza Baguette ✓	Prawn Mayo	Egg & Tomato ✓	Ham Salad	Cheese Salad ✓
<u>2 Jacket Potato</u>	Quorn Bolognaise ✓	Bbq Beans ✓	Chicken Mayonnaise	Cheese & Tomato ✓	Sweet & Sour Chicken
<u>Pudding</u>	Strawberry Mousse ✓	Chocolate Cake & Chocolate Custard ✓	Blueberry Muffin ✓	Jam Sponge & Custard ✓	Ice Cream ✓

W/C March 4th – 8th/April 1st – 5th

Week 2 & 6	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Gammon Ham & Tomato Pasta with Broccoli	Beef Chilli Tacos & Mexican Rice	Chicken in a Bbq Sauce, New Potatoes & Sweetcorn	Cottage Pie & Cabbage	Battered Cod, Chips & Peas
<u>Vegetarian</u> ✓	Cheese & Tomato Pasta, & Broccoli ✓	Quorn Chilli Tacos & Mexican Rice ✓	Veg Sausages in a Bbq Sauce, New Potatoes & Sweetcorn ✓	Quorn Mince & Potato Pie With Cabbage ✓	Cheese & Onion Quiche, Chips & Peas ✓
<u>1 Sub Roll</u>	Egg Mayo & Salad ✓	Pork & Stuffing	Cheese & Cucumber ✓	Cajun Chicken, Lettuce & Mayonnaise	Veg Sausage & Tomato ✓
<u>2 Jacket Potato</u>	Prawns in Marie-Rose Sauce	Cheese ✓	Beef Bolognaise	Baked Beans ✓	Chicken Curry
<u>Pudding</u>	Chocolate Mouse ✓	Peach Crumble & Cream ✓	Chocolate Chip Muffin ✓	Sticky Toffee Pudding & Toffee Sauce ✓	Ice Cream ✓

W/C March 18th – 22nd

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken Pasta Bake & Broccoli	Sweet & Sour Pork With Rice & Peas	Fish Pie & Carrots	Chicken Fajitas, Wedges & Sweetcorn	Fish Cakes, Chips & Beans
<u>Vegetarian</u> ✓	Cheese Pasta Bake & Broccoli ✓	Sweet & Sour Vegetables with Rice & Peas ✓	Vegetable & Potato Pie With Carrots ✓	Soya Fajitas, Wedges & Sweetcorn ✓	Veg Cakes, Chips & Beans ✓
<u>1 Sub Roll</u>	Tuna Mayo & Sweetcorn	Cheese ✓	Ham	Egg Mayo & Cress ✓	Beef Salad
<u>2 Jacket Potato</u>	Cream Cheese & Chive ✓	Tuna Mayonnaise	Cheese & Beans ✓	Ham & Coleslaw	Pizza Style ✓
<u>Pudding</u>	Butterscotch Mousse ✓	Apple Crumble & Custard ✓	Iced Sponge ✓	Double Chocolate Cookie ✓	Ice Cream ✓

Ludlow Junior School Menu Spring 2 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 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

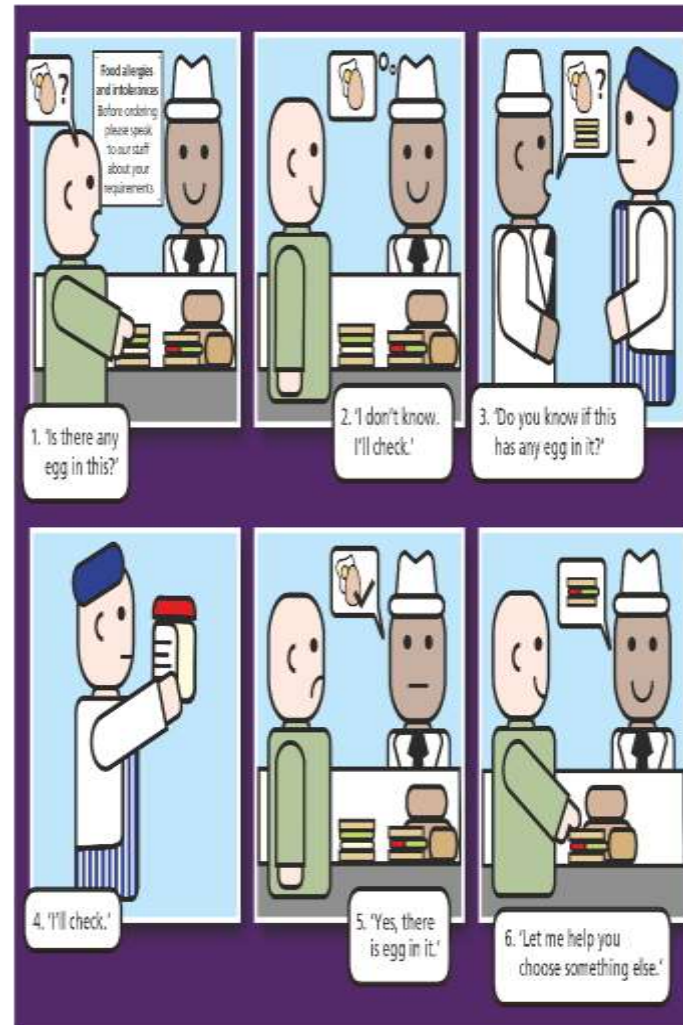


Please note the menu may be subject to change to meet the local needs.

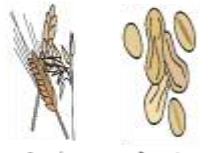
All dishes can be amended to cater for Gluten Free.

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

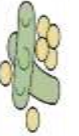
Peanuts



Nuts



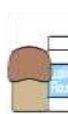
Milk



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.