

W/C 2 <sup>nd</sup> Sept / 23 <sup>rd</sup> Sept / 14 <sup>th</sup> Oct / 4 <sup>th</sup> Nov / 25 <sup>th</sup> Nov / 16 <sup>th</sup> Dec					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAT</b>	Spaghetti Bolognese	Sausage, Mash Potato, Peas & Gravy	Sweet & Sour Chicken & Rice	Cottage Pie, Cabbage & Gravy	Fish Fingers, Chips & Sweetcorn
<b>VEGETARIAN</b> ✓	Quorn Spaghetti Bolognese ✓	Veg Sausage Mash Potato, Peas & Gravy ✓	Sweet & Sour Soya & Rice ✓	Quorn Cottage Pie, Cabbage & Gravy ✓	Veg Fingers, Chips & Sweetcorn ✓
<b>1 BAGUETTE</b>	Cajun Chicken, Lettuce & Mayonnaise	Egg & Tomato ✓	Tuna Mayonnaise & Cucumber	Vegetarian Sausage ✓	Bacon & Egg
<b>2 JACKET POTATO</b>	Cheese & Red Onion ✓	Beef Meatballs in a Tomato & Herb Sauce	Cheese & Beans ✓	Chicken Curry	Quorn Bolognese ✓
<b>PUDDING</b>	Apple Crumble & Cream	Chocolate Cake & Chocolate Custard ✓	Raspberry Jelly ✓	Lemon Cake ✓	Mr Freeze ✓
W/C 9 <sup>th</sup> Sept / 30 <sup>th</sup> Sept / 21 <sup>st</sup> Oct / 11 <sup>th</sup> Nov / 2 <sup>nd</sup> Dec					
Week 2	"Meat Free" Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAT</b>	Macaroni Cheese & Green Beans ✓	Chicken Curry, Rice & Broccoli	Homemade Beef Burger, Parsley Potatoes & Peas	Roast Gammon, Roast Potatoes, Carrots, Cauliflower & Gravy	Battered Fish, Chips & Peas
<b>VEGETARIAN</b> ✓	Cheese & Tomato Pizza & Sweetcorn ✓	Veg Curry & Rice ✓	Vegetarian Burger, Parsley Potatoes & Peas ✓	Quorn Roast, Roast Potatoes, Carrots, Cauliflower & Gravy ✓	Vegetable Cake, Chips & Peas ✓
<b>1 BAGUETTE</b>	Egg Mayo ✓	Ham	Cheese & Tomato ✓	Coronation Chicken	Egg Salad ✓
<b>2 JACKET POTATO</b>	Vegetable Sausage & Beans ✓	Cheese ✓	Sausage & Beans	Quorn Chilli ✓	Ham & Cheese
<b>PUDDING</b>	Jam Sponge & Custard ✓	Peach Crumble & Ice Cream ✓	Flap Jack ✓	Fruit Sponge ✓	Cool Delight Ice Lolly ✓
W/C 16 <sup>th</sup> Sept / 7 <sup>th</sup> Oct / 18 <sup>th</sup> Nov / 9 <sup>th</sup> Dec					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MEAT</b>	Pasta Carbonara & Broccoli	Chicken Pie, Mash Potato, Carrots & Gravy	Beef Chilli & Cheese Wrap Jacket Potato Wedges & Sweetcorn	Roast Chicken, Roast Potatoes, Green Beans & Gravy	Sausage, Chips & Beans
<b>VEGETARIAN</b> ✓	Cheese and Tomato Pasta Bake & Broccoli ✓	Vegetable Pie, Mash Potato & Gravy ✓	Quorn Chilli & Cheese Wraps, Jacket Potato Wedges & Sweetcorn ✓	Quorn Roast, Roast Potatoes, Green Beans & Gravy ✓	Cheese & Onion Quiche, Chips & Beans ✓
<b>1 BAGUETTE</b>	Beef Salad	Cheese & Cucumber ✓	B.L.T	Egg Mayonnaise ✓	Chicken
<b>2 JACKET POTATO</b>	Vegetable Curry ✓	Tuna Mayonnaise & Sweetcorn	B.B.Q Beans ✓	Beef Chilli	Pizza Style ✓
<b>PUDDING</b>	Chocolate Mousse ✓	Syrup Sponge & Custard ✓	Fruit Jelly ✓	Iced Sponge ✓	Ice Cream ✓

Key: \* = Gluten Free ✓ = Vegetarian Friendly

Our menu is compliant to the School Food Standards.

Milk, fresh fruit, yoghurts, sliced 50/50 bread and salad is available every day (subject to availability).

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

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

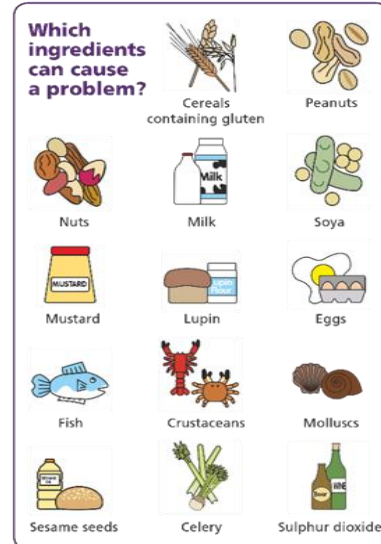
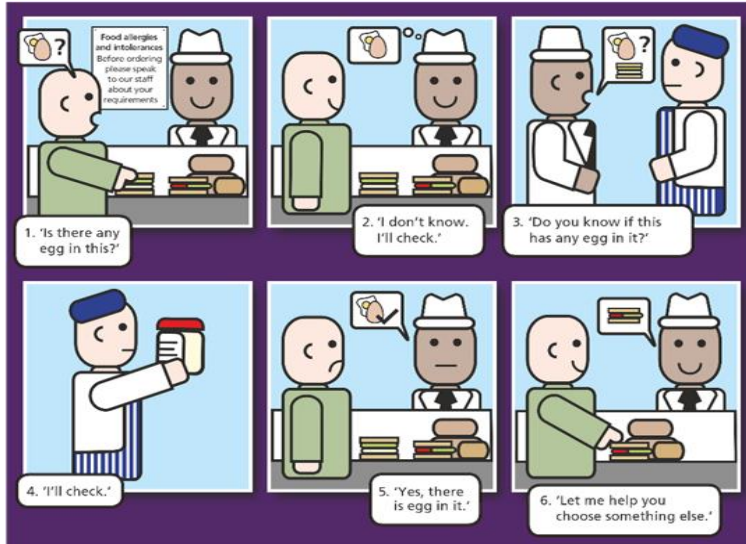


# Menu Summer Term 2019

If you would like to discuss your child's dietary needs please contact the school office on 023 8044 788 and a member of the catering team will call you back.

## 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.



For more information and advice about allergy, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy)  
A booklet **Allergen information for loose foods** is also available to download.

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

Milk, fresh fruit and 50/50 bread is available daily as a choice.

Vegetarian friendly yogurts are available as an alternative choice, by request.

Grated cheese is available on request and

a 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



All dishes can be amended to cater for Gluten Free.

