

Ludlow Junior School Menu for Summer 2 2023 – W/C 5th June 2023

✓ Vegetarian friendly

W/C 5th June & 26th June & 17th July 2023

Week 1, 4 & 7	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken Curry, Rice, Naan Bread & Broccoli	Fishcakes, Wedges & Sweetcorn	Beef Lasagne, Garlic Bread & Mixed Vegetables	Chicken Fajitas, Herb Potatoes & Carrots	Pork Sausage Hot Dogs, Chips & Peas
<u>Vegetarian</u> ✓	Vegan Sausage Roll, Chips & Beans ✓	Cheese & Tomato Pizza, Wedges & Sweetcorn ✓	Vegetable Frittata, Potato Croquette & Mixed Vegetables ✓	Cheese & Tomato Pasta, Crusty Bread & Carrots ✓	Vegetable Fingers, Chips & Peas ✓
<u>Jacket Potato</u>	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓
<u>Bread Options</u> ☀	Ham Baguette Cheese Baguette Tuna Mayo Wrap	Ham Baguette Cheese Baguette Egg Mayo Baguette	Ham Baguette Cheese Baguette BLT Bap	Ham Baguette Cheese Baguette Cream Cheese Bagel	Ham Baguette Cheese Baguette Coronation Chicken Wrap
<u>Pudding</u>	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓

W/C 12th June & 3rd July 2023

Week 2 & 5	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Sausage Roll, Sauté Potatoes & Beans	Sweet & Sour Chicken, Rice & Sweetcorn	Beef Meatballs in Tomato Sauce, Garlic Bread & Mixed Vegetables	All day Breakfast – Pork Sausage, Bacon, Hash Brown, Beans & scrambled egg	Battered Fish, Chips & Peas
<u>Vegetarian</u> ✓	Cauliflower & Broccoli Cheese with Yorkshire Pudding ✓	Cheese & Tomato Pizza, Wedges & Sweetcorn ✓	Vegan Chilli Taco's, Rice & Mixed Vegetables ✓	All day Breakfast – Vegan Sausages, Hash Brown, Beans & Scrambled Egg ✓	Vegetable Hotdog, Chips & Peas ✓
<u>Jacket Potato</u>	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓
<u>Bread Options</u> ☀	Ham Baguette Cheese Baguette Tuna & Sweetcorn Wrap	Ham Baguette Cheese Baguette Ham & Egg Mayo Baguette	Ham Baguette Cheese Baguette Southern Fried Chicken Wrap	Ham Baguette Cheese Baguette Egg Mayo Bagel	Ham Baguette Cheese Baguette Chicken Sandwich
<u>Pudding</u>	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓

W/C 19th June & 10th July 2023

Week 3 & 6	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken & Tomato Pasta, Garlic Ciabatta & Carrots	Pepperoni Pizza, Wedges & Sweetcorn	Beef Chilli Taco's, Rice & Mixed Vegetables	Barbecue Chicken, New Potatoes & Green Beans	Fish fingers, Chips & Peas
<u>Vegetarian</u> ✓	Vegan Crumbed Schnitzel, New Potatoes & Carrots ✓	Vegetable Pasta Bake & Crusty Bread ✓	Vegan Sausages, Mash Potato & Mixed Vegetables ✓	Macaroni Cheese, Garlic Bread & Green Beans ✓	Vegetable Burger, Chips & Peas ✓
<u>Jacket Potato</u>	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓	With a selection of fillings ✓
<u>Bread Options</u> ☀	Ham Baguette Cheese Baguette Bacon & Cheese Baguette	Ham Baguette Cheese Baguette Egg Mayonnaise Wrap ✓	Ham Baguette Cheese Baguette Sausage Bap	Ham Baguette Cheese Baguette Ham & Cream Cheese Bagel	Ham Baguette Cheese Baguette Chicken & Bacon Mayonnaise Wrap
<u>Pudding</u>	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓	Sweet Treat ✓



New for Summer 23 - Baguette Bar-

A selection of bread options will now be available daily for your child to choose from. Cheese and ham baguettes will be on daily, as well as an additional option giving them more choice if wanting a cold lunch over the summer months.

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

To give the children more choice in picking food items that they enjoy, we will have the following sections

Jacket Potato Bar – This will offer a choice of fillings including Cheese, Baked Beans and Tuna Mayonnaise as standard and children are welcome to choose up to two toppings for their jacket potato.

Salad Bar – A selection of salad items will be available daily as an additional item for all main meals and baguettes.

Dessert Bar – This will offer a main sweet treat pudding each day, as well as alternatives such as vegetarian friendly yoghurts, fresh fruit and cheese and biscuits.

A selection of bread items will be available throughout the week, ranging from sliced bread, petit pains and brown rolls as an additional item for main meals only, where a bread has not already been included e.g Baguette/Garlic Bread

Milk and water will be available daily over the lunch period.

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

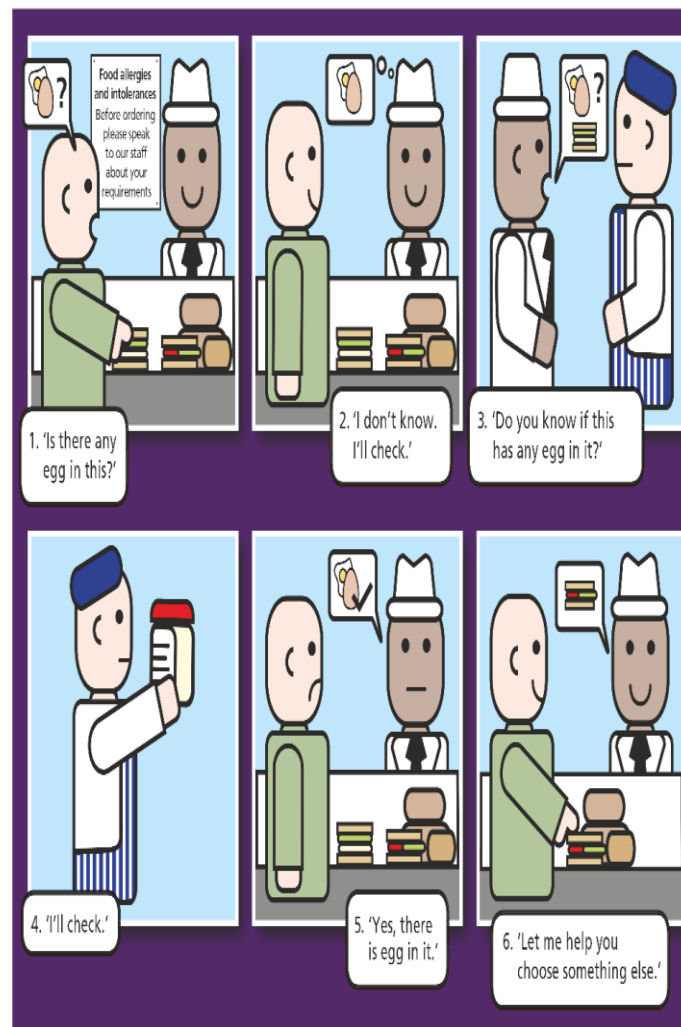
Our CFK menu will provide your child with a healthy and nutritious diet that also engages and interests them

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

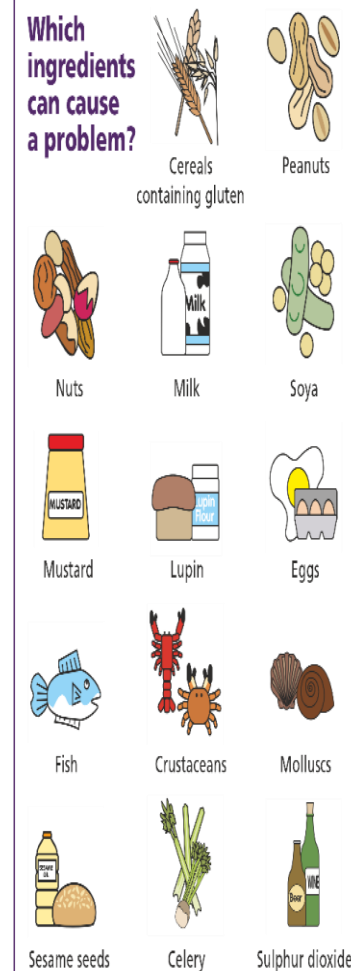
All dishes can be amended to cater for Gluten Free.

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?



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

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