Lunch Menu Autumn - Winter 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 **W/c** **03/12/2018** **Christmas Lunches**	Chicken Casserole served with Rice & Broccoli Quorn Meatballs in Tomato and Basil Sauce with Rice & Broccoli Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Cheesy Coleslaw & Salad Frozen Yoghurt Pots or Fruit	Sausage Brunch (Chipolatas, Baked Beans, Hash Brown Puffs & Bread) Quorn Brunch (Quorn Sausages, Baked Beans, Hash Brown Puffs & Bread) Tuna Mayo & Sweetcorn Wrap with Cheesy Mayo Dip, Crudities, Breadsticks & Flapjack Jacket Potato with Cheese/Beans Chocolate Pear Sponge with Custard(FBD) or Fruit	Roast Pork, Apple Sauce, Steamed Potatoes, Broccoli & Carrots Quorn Pasties with Steamed Potatoes, Broccoli & Carrots Chicken Sandwich, Cheese Portion, Crudities & Mini Muffin Jacket Potato with Tuna & Sweetcorn Mayonnaise Chocolate Mousse Slice or Fruit	Bolognaise with Pasta Swirls & Salad Mixed Bean Risotto served with Carrot & Cucumber Salad Hot Ham & Cheese Deli Roll with Crudities Pot & Banana Jacket Potato with Chicken & Vegetable Balti Ice Cream & Wafer or Fruit	Fish Cakes with Curly Fries, Peas & Ketchup Vegetable, Cheese & Tomato Pizza with Curly Fries & Peas Cheesy Mayo Pasta Salad Pot with Crudities, Cracker & Cookie Jacket Potato with Bolognaise Jelly & Fruit (FBD) or Fruit
Week 2 **W/c** **29/10/2018** **Christmas Lunches**	Cowboy Chicken with Rice, Peas & Sweetcorn Quorn Cowboy with Rice, Peas & Sweetcorn Chicken Mayo Wrap with Crudities, Cheesy Mayo Dip, Bread Sticks & Flapjack Jacket Potato with Cheesy Coleslaw & Salad American Pancakes with Toffee Sauce or Fruit	Lincolnshire Chipolatas in Gravy with Mashed Potato & Peas Vegetable Sausages in Gravy with Mashed Potato & Peas Cheese & Ham Sandwich with Cheese Portion, Crudities & Mini Muffin Jacket Potato with Cheese, Peas & Sweetcorn Pineapple Square (FBD) or Fruit	Roast Chicken with Roast Potatoes, Carrots & Cabbage Quorn Fillets in Gravy with, Roast Potatoes, Carrots & Cabbage Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Tuna Mayo & Sweetcorn Fruit Yoghurt or Fruit	Chicken Burgers with Hash Browns, Baked Beans & Ketchup Macaroni Cheese Tuna Mayo & Sweetcorn Wrap with Cheesy Mayo Dip, Crudities, Breadsticks & Flapjack Jacket Potato with Baked Beans Peach Sponge with Cream(FBD) or Fruit	Lasagne with Garlic Bread, Peas & Sweetcorn Vegetable, Cheese & Tomato Pizza served with Peas & Sweetcorn Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Mediterranean Chicken Jelly & Fruit or Fruit
Week 3 **W/c** **05.11.18** **Christmas Lunches**	BONFIRE NIGHT MENU Beefy Bonfire Burgers with Hash Brown Puffs & Beans Veggie Hotdogs served with Hash Brown Puffs & Beans Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Bangers & Beans Toffe Apple Sponge with Custard or Fruit	Tex Mex Beef with Tacos & Mixed Salad Mixed Bean Risotto, with Mixed Salad Hot Ham & Cheese Deli Roll with Crudities Pot and Banana Jacket Potato with BBQ Chicken & Salad Banana Loaf with Custard (FBD) or Fruit	Roast Gammon served with Roast Potatoes, Cauliflower & Carrots Quorn Pasties with Roast Potatoes, Cauliflower & Carrots Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Cheesy Coleslaw & Salad Jelly & Fruit (FBD) or Fruit	Lincolnshire Chipolatas served with Mashed Potatoes & Green Beans Quorn Sausages served with Mashed Potatoes & Green Beans Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with Cheese & Ham Mayo Apple & Caramel Crumble Slice with Pouring Cream or Fruit	Margherita Pizza served with Herby Diced Potatoes & Peas Cheese & Onion Lattice with Herby Diced Potatoes & Peas Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Cheese/Beans Ice Cream & Wafer or Fruit

** Vegetables are subject to Seasonality & Rice / Pasta & Pizza Base will include wholegrains.

** Rice served is 50/50 Wholemeal & Long Grain

** All our meat is sourced from our onsite Butchers Shop

** Bread, Milk, Fruit and Water available for all children

** All Jacket Potato options will come with the veg or salad of the day

** Fish Cakes or Fish Fingers will contain Salmon at least once every 3 Weeks

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 **W/c** **12.11.18**	Cowboy Chicken served with Rice, Peas & Sweetcorn Quorn Cowboy served with Rice, Peas & Sweetcorn Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Tuna & Sweetcorn Mayonnaise Apple Sponge & Custard (FBD) or Fruit	Cheesy Macaroni Cheese served with Mixed Vegetables Country Vegetable Bake served with Baked Beans & Herby Diced Potatoes Cheese & Ham Sandwich with Cheese Portion, Crudities & Mini Muffin Jacket Potato with Cheese/Beans Iced Manderin Square (FBD) or Fruit	Roast Beef served with Roast Potatoes, Broccoli & Carrots Stuffed Peppers served with Roast Potatoes, Broccoli & Carrots Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Cheesy Coleslaw Chocolate Mousse Slice or Fruit	Chicken Nuggets served with Herby Diced Potatoes, Peas & Ketchup Quorn Sausage served with Herby Diced Potatoes, Peas & Ketchup Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with BBQ Chicken Frozen Yoghurt or Fruit	Hot Ham & Cheese Deli Roll with Salad Hot Cheese & Tomato Deli Roll with Salad Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit & Fruit Yoghurt Jacket Potato with Sweet & Sour Vegetables Pudsey Bear Cake or Fruit
Week 5 **W/c** **19.11.18**	BBQ Pork served with Rice & Sweetcorn Cheesy Vegetable Pasta & Sweetcorn Hot Ham & Cheese Deli Roll with Crudities Pot & Banana Jacket Potato with Tuna & Sweetcorn Mavonnaise Iced Pear Sponge (FBD) or Fruit	Mediterranean Vegetable Pizza with Herby Diced Potatoes & Peas Quorn Mince served with Herby Diced Potatoes & Peas Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with BBQ Pork Yoghurt or Fruit	Roast Turkey with Steamed Potatoes, Cauliflower & Carrots Quorn Pasties, Steamed Potatoes, Cauliflower & Carrots Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Cheesy Coleslaw & Salad Jelly & Fruit (FBD) or Fruit	Lincolnshire Chipolatas with Mashed Potato & Baked Beans Quorn Sausages with Mashed Potato & Baked Beans Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with Cheese/Beans Banana Loaf (FBD) or Fruit	Fish Cakes served with Hash Brown Puffs, Peas & Ketchup Cheesy Vegetable & Bean Hash Bake served with Peas Ham Sandwich with Cheese Portion, Crudities & Mini Muffin Jacket Potato with Ratatouille Apple Crumble Slice & Custard or Fruit
Week 6 **W/c** **26.11.18**	Mild, Creamy, Chicken Curry served with Rice & Peas Mixed Bean Risotto with Peas Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Cheesy Coleslaw & Salad Raspberry Mousse Slice or Fruit	Cold Lincolnshire Ham with Mashed Potato & Baked Beans Cheese Stuffed Jacket Potato with Baked Beans Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Chicken Balti Topsy Turvy Pineapple Sponge (FBD) or Fruit	Roast Chicken with Steamed Potatoes, Broccoli & Carrots Quorn Fillets in Gravy with Steamed Potatoes, Broccoli & Carrots Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with Tuna & Sweetcorn Mayonnaise Ice Cream & Wafer or Fruit	Margherita Pizza with Herby Diced Potatoes & Salad Vegetable, Cheese & Tomato Pizza served with Herby Diced Potatoes & Salad Hot Ham & Cheese Deli Roll with Crudities Pot and Banana Jacket Potato with Cheese / Beans Chocolate & Pear Sponge with Chocolate Sauce or Fruit	Turkey Meatballs in a Tomato and Basil Sauce with Pasta, Peas & Sweetcorn Quorn Meatballs in a Tomato and Basil Sauce with Pasta, Peas & Sweetcorn Cheese Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Sweet & Sour Vegetables Cookie or Fruit

** Vegetables are subject to seasonality & Rice & Pasta & Pizza Base will include wholegrain.

** Rice served is 50/50 Wholemeal & Long Grain

** All our meat is sourced from our onsite Butchers Shop

** Bread, Milk, Fruit and Water available for all children

** All Jacket Potato options will come with the veg or salad of the day

** Fish Cakes or Fish Fingers will contain Salmon at least once every 3 Weeks

Willoughby Foods Allergen Information

Main Meals	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Chicken Casserole	x		x			x	x		x							
Quorn Meatballs in Tom & Basil Sauce	x		x				x								x	
Sausage Brunch	x		x				x									
Quorn Sausage Brunch	x		x			x	x								x	
Roast Pork & Apple Sauce	x															
Quorn Pasties	x		x			x	x								x	
Bolognaise & Pasta Swirls	x		x			x	x		x	x						
Mixed Bean Risotto	x								x	x					x	
Lincolnshire Chipolatas in Gravy	x															
Vegetable, Cheese & Tomato Pizza	x						x					x			x	
Cowboy Chicken	x		x			x	x		x	x	x					
Quorn Cowboy	x		x			x	x		x	x	x				x	
Quorn Sausages in Gravy	x		x			x	x								x	
Roast Chicken																
Quorn Fillet in Gravy	x		x			x									x	
Chicken Burgers	x						x									
Macaroni Cheese	x		x				x			x					x	
Beefy Bonfire Burgers	x					x						x				
Veggie Hotdogs	x		x			x	x								x	
Cheese & Onion Lattice	x					x	x			x					x	
Meaty Lasagne & Garlic Bread	x		x			x	x			x						
Hot Ham & Cheese Deli Roll	x						x				x					x
Hot Cheese & Tomato Deli Roll	x						x				x					x
BBQ Pork	x		x				x		x	x		x				
Tex Mex Beef & Taco	x		x			x			x	x						
Roast Gammon																
Margarhita Pizza	x						x									
Cheesy Macaroni Cheese	x		x				x			x					x	
Country Vegetable Bakes	x						x								x	
Roast Beef	x															
Stuffed Peppers	x						x								x	

Chicken Nuggets	x						x									x
BBQ Pork	x		x				x		x	x						
Main Meals	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Cheesy Vegetable Pasta	x		x				x								x	
Med Veg Pizza	x						x					x			x	
Quorn Mince			x			x	x		x	x					x	
Roast Turkey																x
Salmon Fish Cakes	x			x			x			x						
Cheese Vegetable & Bean Hash	x		x				x								x	
Mild & Creamy Chicken Curry	x		x			x	x		x	x	x					
Cold Lincolnshire Ham																
Cheesy Stuffed Jacket Potato			x				x								x	
Margerita Pizza	x						x					x			x	
Turkey Meatballs in Sauce	x															

Side Dishes	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Rice															x	
Broccolli															x	
Baked Beans															x	
Hash Brown Puffs															x	
Apple Sauce															x	
Boiled Potatoes															x	
Carrots															x	
Mixed Salad															x	
Curly Fries	x						x								x	
Peas															x	
Mashed Potato	x						x								x	
Cauliflower															x	
Sweetcorn															x	
Cabbage															x	
Roast Potatoes	x						x								x	
Green Beans															x	
Herb Diced Potatoes	x						x								x	
Mixed Vegetables															x	
Pasta	x														x	
Cheese							x								x	
Chips	x														x	
Garlic Bread	x					x									x	
Gravy						x									x	
Jacket Potato															x	
Taco Shell	x														x	
Tomato Ketchup															x	

Willoughby Foods Allergen Information

Packed Lunches	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Cream Cheese & Cucumber Croissant	x		x				x								x	
Crudites															x	
Raisin & Sultana Bag															x	
Fruit Yoghurt - Low Fat	x						x								x	
Hot Ham & Cheese Deli Roll	x						x				x					
Chicken Sandwich	x		x			x	x									
Cheese Portion							x								x	
Mini Chocolate Muffin	x		x			x	x								x	
Tuna & Sweetcorn Mayo Wrap	x		x	x			x									
Cheesy Mayo Dip			x				x			x		x			x	
Bread Sticks	x														x	
Flapjack	x						x								x	
Cheesy Pasta Salad Box	x		x				x			x						
Cheese Biscuits	x						x								x	
Cookie	x					x	x								x	
Ham & Cheese Sandwich	x		x				x									
Tuna Mayo & Sweetorn Sandwich	x		x	x			x			x						
Chicken Mayo Wrap	x		x				x									
Chocolate Brioche	x		x			x	x								x	
Fruit															x	
Ham Sandwich	x		x			x	x									
Mini Cheddars	x		x			x	x								x	
Cheese Sandwich	x						x								x	
Mini Cookie	x					x	x									
Cherry Tomatoes															x	
Bottled Water															x	

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Jacket Potato Fillings	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Jacket Potato															x	
Cheesy Coleslaw			x				x		x						x	
Cheese & Beans							x								x	
Tuna & Sweetcorn Mayonaise			x	x												
Chicken & Vegetable Balti																x
Bolognaise																x
Sausages in Gravy												x				
Mediterranean Chicken									x							
Beef Stew																x
Baked Beans															x	
BBQ Chicken									x							
Cheese & Ham Mayo			x				x									
Sweet & Sour Vegetables									x						x	
BBQ Pork			x			x	x			x		x				
Ratatouille									x						x	
Chicken Balti																x
Cheese							x									

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Desserts	Cereals containing Gluten	Crustacean	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian	None
Frozen Yoghurt							x									
Chocolate & Pear Sponge	x		x										x		x	
Chocolate Mousse Slice	x		x			x	x									
Ice Cream & Wafer	x		x			x										
Jelly & Fruit																
Pineapple Square	x		x			x									x	
Fruit Yoghurts							x								x	
American Pancakes & Toffee Sauce	x		x				x						x		x	
Chocolate Cake	x		x												x	
Peach Sponge	x		x			x									x	
Raspberry Mousse Slice	x		x			x	x									
Apple & Caramel Crumble Slice	x		x				x									
Banana Loaf	x		x												x	
Apple Sponge	x		x												x	
Iced Manderin Square	x		x			x	x									
Chocolate Chip Cookies	x		x			x	x								x	
Iced Pear Sponge	x		x										x		x	
Chocolate & Pear Sponge	x		x										x		x	
Lemon Sponge	x		x										x		x	
Apple Crumble Slice	x		x				x									
Pineapple Sponge	x		x			x									x	
Toffee Apple Sponge	x		x				x						x		x	
Pudsey Bear Cake	x		x										x			
Pouring Cream							x								x	
Custard							x								x	