Lunch Menu Autumn - Winter 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 **W/c** **3.12.18**	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 & Sweetcorm 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** **29.10.18** **10.12.18**	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 & Sweetcorm 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** **5.11.18** **17.12.18**	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 Mayonnaise 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	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
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				
Hot Cheese & Tomato Deli Roll	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								
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
Cheesy Vegetable Pasta	x		x				x								x
Med Veg Pizza	x						x					x			x
Quorn Mince			x			x	x		x	x					x
Roast Turkey															
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	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
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	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
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

Willoughby Foods Allergen Information

Jacket Potato Fillings	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
Jacket Potato															x
Cheesy Coleslaw			x				x		x						x
Cheese & Beans							x								x
Tuna & Sweetcorn Mayonaise			x	x											
Chicken & Vegetable Balti															
Bolognaise															
Sausages in Gravy	x											x			
Mediterranean Chicken									x						
Beef Stew															
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															
Cheese							x								

Willoughby Foods Allergen Information

Desserts	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
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