Lunch Menu Spring - Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 **W/c** **3.6.19** **15.7.19**	Chicken in a Tomato & Basil Sauce with Pasta & Peas Vegetable Nuggets with Pasta & Peas Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Tuna & Sweetcorn Mayonnaise Frozen Strawberry Yoghurt Fruit	Chicken Nuggets, Duchess Potatoes, Sweetcorn & Ketchup Vegetarian Sausages with Duchess Potatoes, Sweetcorn & Ketchup Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with BBQ Chicken Apple Crumble Slice & Custard (FBD) or Fruit	Roast Gammon, Roast Pots & Mixed Vegetables Quorn Pastie with Roast Potatoes & Mixed Vegetables Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with Mediterranean Chicken Jam Doughnuts or Fruit	Bolognaise with Pasta, Salad & Garlic Bread Cheesy Vegetable Pasta with Salad & Garlic Bread Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Cheesy Coleslaw Banana Drizzle Loaf (FBD) or Fruit	Cold Lincolnshire Ham with Mashed Potato & Baked Beans **VEGAN - Spicy Bean & Spinach Wraps** Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Cheese & Beans Rich Chocolate Cake with Chocolate Custard or Fruit	** Vegetables are subject to seasonality & Rice, Pasta and Pizza Bases are Wholegrain or 50/50. ** All our meat is sourced from our onsite Butchers Shop ** Bread, Fruit and Water available for all children
Week 2 **W/c** **10.6.19** **22.7.19**	Sweet & Sour Chicken with Rice, Peas & Sweetcorn Sweet & Sour Quorn with Rice, Peas & Sweetcorn Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with Bolognaise Jelly & Cream or Fruit Yoghurt	Fish Fingers, Mini Hash Browns, Peas & Ketchup Vegetable Pasta Bake & Peas Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Chinese Chicken America Pancakes with Chocolate Sauce or Fruit Yoghurt	Roast Chicken with Roast Potatoes, Cauliflower, Carrots & Gravy Quorn Fillet with Roast Potatoes, Cauliflower, Carrots & Gravy Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with Tuna & Sweetcorn Mayonaise Fruit Yoghurt (FBD) or Fruit	Beef Lasagne with Garlic Bread and Mixed Salad **VEGAN Bangers with Garlic Bread & Mixed Salad** Hot Cheese & Ham Deli Roll, Crudites, Apple & Mini Cheddars Jacket Potato with Coleslaw Chocolate Chip Cookie or Fruit Yoghurt	FATHERS DAY MENU Hot Dogs with Herby Diced Potatoes & Baked Beans Hot Cheese Deli Roll with Herby Diced Potatoes & Baked Beans Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with BBQ Chicken Sticky Toffee Apple Sponge (FBD) or Fruit Yoghurt	GF Gravy ** Fish Cakes or Fish Fingers will contain Salmon at least once every 3 Weeks Jacket Potato Options Gluten Free (without optional cheese)
Week 3 **W/c** **17.6.19**	Cowboy Chicken with Rice & Peas **VEGAN - Falafel in a rich tomato sauce with Rice & Peas** Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with Beef Mince Ice Cream with Wafer or Fruit	Chicken Nuggets with Duchess Potatoes, Peas & Ketchup Vegetarian Nuggets with Duchess Potatoes & Peas Hot Cheese & Ham Deli Roll, Crudites, Apple & Mini Cheddars Jacket Potato with Mexican Chicken Syrup Sponge with Custard or Fruit	Roast Lincolnshire Pork with Apple Sauce, Boiled Potatoes, Mixed Vegetables & Gravy Vegetarian Sausages with Boiled Potatoes, Mixed Vegetables & Gravy Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Coleslaw Jelly & Fruit (FBD) or Fruit	Salmon Fishcake with Herby Diced Potatoes & Beans Cheese & Onion Lattice with Herby Diced Potatoes & Beans Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Cheese & Beans Topsy Turvy Pineapple Sponge & Custard (FBD) or Fruit	Bolognaise with Pasta, Diced Salad & Garlic Bread Quorn Vegetable Pasta with Salad & Garlic Bread Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with BBQ Chicken Frozen Strawberry Yoghurt or Fruit	

Lunch Menu Spring - Summer 2019

	Bank Holiday Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 **W/c** **24.6.19**	Mild Creamy Chicken Curry with Rice, Vegetables & Naan VEGAN -Mild Cauliflower & Chickpea Curry with Rice, Vegetables & Naan Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with Bolognaise Chocolate Mousse Slice Fruit Yoghurt	Beef Burger with Hash Brown Puffs, Peas & Ketchup Vegetable Burgers with Hash Brown Puffs, Peas & Ketchup Hot Cheese & Ham Deli Roll, Crudites, Apple & Mini Cheddars Jacket Potato with Coleslaw Banana Loaf Cake (FBD) or Fruit Yoghurt	Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy Quorn Fillet with Roast Potatoes, Mixed Vegetables & Gravy Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with Tuna & Sweetcorn Mayonaise Ice Cream with Wafer or Fruit Yoghurt	Lincolnshire Chipolatas with Mashed Potatoes, Green Beans & Gravy Quorn Sausage, with Mashed Potatoes, Green Beans & Gravy Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Balti Chicken Pineapple Sponge & Custard (FBD) or Fruit Yoghurt	Pepperoni Pizza with Herby Diced Potatoes & Beans Margherita Pizza with Herby Diced Potatoes & Beans Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Cheese & Beans Frozen Yoghurt Pots or Fruit Yoghurt
Week 5 **w/c** **1.7.19**	Cowboy Chicken with Rice & Sweetcorn **VEGAN - Mixed Bean Casserole with Rice & Sweetcorn** Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with Coleslaw Jelly & Cream or Fruit	**Sausage Brunch** (Lincolnshire Chipolatas, Baked Beans, Hash Brown Puffs & Bread) **Quorn Brunch** (Quorn Sausages with Baked Beans, Hash Brown Puffs & Bread) Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with Cheese & Beans Lemon & Sultana Loaf (FBD) or Fruit	Roast Lincolnshire Pork with Apple Sauce, Roast Potatoes, Carrots & Cabbage Cheesy Vegetable & Potato Pie with Carrots & Cabbage Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Tuna & Sweetcorn Mayonaise Fruit Yoghurt or Fruit	Beefy Bolognaise with Pasta & Diced Salad Quorn Bolognaise Pasta Bake with a Cheesy topping and Diced Salad Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Chicken Curry Toffee Apple Cake with Custard (FBD) or Fruit	Fishwich, Herby Diced Potatoes with Peas and Tomato Ketchup Cheese & Tomato Pizza, Herby Diced Potatoes & Peas Hot Cheese & Ham Deli Roll, Crudites, Apple & Mini Cheddars Jacket Potato with Beef Mince Chocolate Chip Cookie or Fruit
Week 6 **w/c** **8.7.19**	Chicken & Vegetable Fajita, Served with Vegetable Rice **VEGAN - Vegetable & Kidney Bean Chilli served with Vegetable Rice** Cheese Sandwich, Crudites, Mini Cheddars & Choc Brioche Jacket Potato with Tuna & Sweetcorn Mayonaise American Pancakes with Chocolate Sauce or Fruit Yoghurt	Cottage Pie with Cauliflower & Broccoli Vegetarian Sausages with Mashed Potato, Gravy, Broccoli & Cauliflower Hot Cheese & Ham Deli Roll, Crudites, Apple & Mini Cheddars Jacket Potato with Mexican Chicken Apple Sponge & Custard (FBD) or Fruit Yoghurt	Roast Lincolnshire Gammon with Boiled Potatoes, Broccoli, Carrots & Gravy Quorn Pastie with, Boiled Potatoes, Broccoli, Carrots & Gravy Cream Cheese Filled Croissant, Crudites, Dried Fruit & Fruit Yoghurt Jacket Potato with Mild Chilli Beef Ice Cream with Wafer or Fruit Yoghurt	Salmon Fishcake with Beans & Herby Diced Potatoes Vegetable Bake with Beans & Herby Diced Potatoes Ham Sandwich, Cheese Portion, Cream Cracker & Flapjack Jacket Potato with Cheese & Beans Pear Loaf (FBD) or Fruit Yoghurt	Beef Lasagne with Garlic Bread and Mixed Salad Hot Cheese & Tomato Deli Rolls with Mixed Salad Chicken Sandwich, Crudites, Cheese Thins & Cookie Jacket Potato with Coleslaw Jelly & Cream or Fruit Yoghurt

** Vegetables are subject to seasonality & Rice, Pasta and Pizza Bases are Wholegrain or 50/50.

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

** Bread, Fruit and Water available for all children

** We endeavour to cater for Dietary Needs

** 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
Sweet & Sour Chicken	x		x			x				x	x				
Chicken in a Tomato & Basil Sauce	x														
Sweet & Sour Quorn			x												x
Pasta Bolognaise	x					x									
Cheesy Vegetable Pasta	x		x				x								x
Roast Gammon															
Cold Lincolnshire Ham															
Roast Lincolnshire Chicken															
Quorn Pasties	x		x			x	x								x
Chicken Nuggets	x						x								
Quorn Nuggets	x		x												x
Roast Turkey															
Cheese & Onion Lattice	x					x	x		x	x					x
Quorn Vegetable Pasta	x		x				x								x
Quorn Bolognaise	x		x												x
Beef Burger	x						x					x			
Vegetable Burgers (Vegetable Bakes)	x						x			x					x
Quorn Fillet	x		x			x									x
Beef Lasagne & Garlic Bread	x		x			x	x			x					
Cheese Deli Roll	x		x			x	x				x				x
Cheese & Tomato Deli Roll	x		x			x	x				x				x
Chicken & Vegetable Fajitas	x		x							x	x				
Cowboy Chicken	x									x					
Roast Lincolnshire Pork															
Salmon Fish Cakes	x			x			x			x					
Fish Fingers	x			x											
Vegetarian Sausage (Quorn)	x		x			x	x								x
Mild Chicken Curry	x						x								
Lincolnshire Chipolatas	x											x			
Quorn Sausage	x		x			x									x
Pepperoni Pizza	x						x					x			
Margerita Pizza	x						x					x			x
Sausage Brunch	x		x				x								
Quorn Brunch	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 & Potato Pie	x		x				x								x
Vegetable Pasta Bake	x		x				x								x
Cheese & Tomato Pizza	x						x					x			x
Cottage Pie	x						x								
Breaded Fishwich	x		x	x			x			x					
Spicy Bean & Spinach Wrap	x														x
Falafel in rich Tomato Sauce	x														x
Cauliflower & Chickpea Curry	x						x								x

Willoughby Foods Allergen Information

Side Dishes	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
Apple Sauce															x
Baked Beans															x
Bread	x														x
Boiled Potatoes															x
Cabbage															x
Carrots															x
Cauliflower															x
Cheese							x								x
Chips	x														x
Coleslaw			x							x					x
Herb Diced Potatoes	x						x								x
Roast Potatoes	x						x								x
Mashed Potato	x						x								x
Duchess Potatoes	x						x								x
Garlic Bread	x					x									x
Gravy						x									x
Green Beans															x
Jacket Potato															x
Tomato Ketchup															x
Peas															x
Pasta	x														x
Naan Bread	x						x								x
Rice															x
Mixed Salad															x
Mixed Vegetables															x
Sweetcorn															x
Hash Brown Puffs															x

Willoughby Foods Allergen Information

Desserts	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Seseme	Sulphites	Lupins	Molluscs	Vegetarian
Apple Crumble Slice	x		x				x								x
Chocolate Mousse Slice	x		x			x	x								x
Mini Jam Doughnuts	x					x	x								x
Bananas Drizzle Loaf Slice	x		x				x								x
Chocolate Sponge with Chocolate Custard	x		x				x						x		x
Jelly & Cream							x								x
Jelly & Fruit															x
American Pancakes & Chocolate Sauce	x		x				x						x		x
Fruit Yoghurts - Low Fat							x								x
Toffee Apple Sponge & Custard	x		x				x						x		x
Chocolate Chip Cookies	x		x			x	x								x
Ice Cream & Wafer	x					x	x								x
Pineapple Sponge & Custard	x		x			x	x								x
Frozen Strawberry Yoghurt Pot							x								x
Pear Loaf	x		x										x		x
Apple Sponge & Custard	x		x				x						x		x
Lemon & Sultana Loaf	x		x				x						x		x
Syrup Sponge with Custard	x		x				x								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
Hot Ham & Cheese Deli Roll	x						x				x				
Cream Cheese & Cucumber Croissant	x		x				x								x
Chicken Sandwich	x						x				x				
Ham Sandwich	x						x								
Crudites															x
Raisin & Sultana Bag															x
Fruit Yoghurt - Low Fat	x						x								x
Cheese Portion							x								x
Mini Cheddars	x		x			x	x								x
Creamed Cracker	x						x								x
Cheese Thins	x						x								x
Flapjack	x						x								x
Cookie	x					x	x								x
Chocolate Brioche	x		x			x	x								x
Cheese Sandwich	x						x								x
Cherry Tomatoes															x
Fruit															x
Bottled Water															x
Apple															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
Bolognaise															
Chilli Beef															
Minced Beef															
Cheese & Beans							x								x
Chicken Curry															
Chicken Balti															
Tuna & Sweetcorn Mayonaise			x	x											
Coleslaw			x												x
Chinese Chicken									x						
BBQ Chicken									x						
Meditterean Chicken									x						
Mexican Chicken									x						