

Lunch Menu Winter - Spring 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 W/c 24.02.20 CARROT WEEK	BBQ Chicken Served with Rice, Carrots, Sweetcorn & Peas	Fish Cake with Herby Diced Potatoes, Peas & Ketchup	Roast Lincolnshire Gammon with Gravy, Boiled Potatoes, Carrots & Peas	MEAT FREE THURSDAY Tomato & Basil Pasta, Salad & Garlic Bread	Lincolnshire Sausage with Mashed Potato & Baked Beans	** Vegetables are subject to seasonality Pasta and Pizza Bases are Wholegrain or 50/50.
	VEGAN Bean & Spinach Chilli served with Rice, Carrots, Peas & Sweetcorn	Country Veg Bakes, Herby Diced Potatoes, Peas & Ketchup	Quorn, Potato & Spinach Pasties with Carrots & Peas	Quorn Stuffed Peppers with Salad & Garlic Bread	Quorn Sausage with Mashed Potato & Baked Beans	
	Cheese Sandwich, Crudites, Bread Sticks & Banana Loaf	Hot Cheese & Ham Deli Roll, Crudites, Apple & Bread Sticks	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	** All our meat is sourced from our onsite Butchers Shop
	Jacket Potato with Cheesy Coleslaw	Jacket Potato with BBQ Chicken	Jacket Potato with Cheesy Ham	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Baked Beans	
Ice Cream & Wafer or Fresh Fruit	Sticky Chocolate & Pear Cake (FBD) or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	Frozen Chocolate Mousse or Fresh Fruit	Banana Loaf (FBD) or Fresh Fruit	** Bread, Fruit and Water available for all children	
Week 2 W/c 02-03.20 PEA WEEK	Mild Chilli Beef with Rice & Peas	Chicken in Rich Tomato & Basil Sauce, Pasta with Peas & Sweetcorn	Roast Turkey with Gravy, Roast Potatoes & Peas & Cauliflower	WORLD BOOK DAY Fantastic Mr Fox Chicken Burger with Boggis & Bunce Baked Beans	Meaty Beef Lasagne with Garlic Bread & Mixed Salad	All Jacket Potato Fillings are Gluten Free
	Cheesy Vegetable Pasta with Peas	Quorn Meat Balls in Tomato & Basil Sauce, Pasta, Peas & Sweetcorn	Quorn, Potato & Spinach Pasties with Peas & Cauliflower	Villains Veggie Burger in a Bap with Baked Beans	VEGAN Spicy Bean & Spinach Wraps with Mixed Salad	** Fish Cakes will contain Salmon at least once every 3 Weeks
	Cheese Sandwich, Crudites, Bread Sticks & Banana Loaf	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	Hot Cheese & Ham Deli Roll, Crudites, Apple & Bread Sticks	**All Baked Beans are reduced Sugar & Salt
	Jacket Potato with Cheesy Coleslaw	Jacket Potato with Mexican Beef	Jacket Potato with Tuna Mayonnaise	Baron Bomburt's Jacket Potato with Cheese & Beans	Jacket Potato with Minced Beef	
Frozen Strawberry Yoghurt Fresh Fruit	Apple Sponge with Custard (FBD) or Fresh Fruit	Fruit Yoghurts or Fresh Fruit	James' Jelly & Giant Peaches (FBD) or Fresh Fruit	Peach Sponge & Custard (FBD) or Fresh Fruit	**All Gravy is Gluten Free	
Week 3 W/c 09.03.20 SWEETCORN WEEK	Mild Chicken Curry with Rice, Sweetcorn & Naan Bread	Chicken Nuggets, Duchess Potatoes & Beans	Roast Chicken with Gravy, Roast Potatoes, Broccoli & Sweetcorn	Lincolnshire Beef & Veg Stew with Boiled Potatoes Broccoli & Cauliflower	Lincolnshire Ham with Mashed Potatoes and Sweetcorn with Gravy	**Fruit Yoghurts will be Strawberry unless stated
	VEGAN Cauliflower & Chickpea Curry with Rice & Sweetcorn	Quorn Nuggets with Duchess Potatoes & Beans	Quorn, Potato & Spinach Pasties with Broccoli & Sweetcorn	Quorn Fillet in Gravy with Boiled Pots, Broccoli & Cauliflower	Chickpea Casserole with Mashed Potatoes and Sweetcorn	
	Cheese Sandwich, Crudites, Bread Sticks & Banana Loaf	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	Hot Cheese & Ham Deli Roll, Crudites, Apple & Bread Sticks	**All Sides and Jacket Fillings come separate to the main meal to allow for allergens and special dietary requirements
	Jacket Potato with Cheese/Beans	Jacket Potato with Chicken Balti	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese & Coleslaw	Jacket Potato with Beef Stew	
Ice Cream & Wafer or Fresh Fruit	Mandarin Sponge with Custard (FBD) Fresh Fruit	Frozen Chocolate Mousse or Fresh Fruit	Lemon Curd Sponge & Custard or Fresh Fruit	Jelly & Fruit (FBD) or Fresh Fruit		

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4 w/c 16.03.20 BROCCOLI WEEK	Cowboy Chicken with Rice & Broccoli	Fish Cakes, Herby Diced Potatoes, Baked Beans	Roast Lincolnshire Gammon with Gravy, Boiled Potatoes Carrots & Broccoli	Lincolnshire Chipolatas with Mashed Potatoes, Broccoli & Gravy	Meaty Beef Lasagne with Garlic Bread and Mixed Salad	** Vegetables are subject to seasonality & Rice, Pasta and Pizza Bases are Wholegrain or 50/50.
	VEGAN: Mixed Bean Casserole with Rice & Broccoli	Cheesy Vegetable Potato Boats with Herby Diced Potatoes & Baked Beans	Cheese & Onion Lattice, Boiled Potatoes & Carrots & Broccoli	Quorn Sausage, with Mashed Potatoes, Broccoli & Gravy	Vegetarian Pizza with Mixed Salad	
	Cheese Sandwich, Crudites, Breadsticks & Banana Loaf	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	Hot Cheese & Ham Deli Roll, Crudites, Apples & Bread Sticks	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	** All our meat is sourced from our onsite Butchers Shop
	Jacket Potato with Cheesy Coleslaw	Jacket Potato with Cheese & Beans	Jacket Potato with Tuna & Sweetcorn Mayonnaise	Jacket Potato with Minced Beef	Jacket Potato with Mediterranean Chicken	
Ice Cream & Wafer or Fresh Fruit	Pineapple Sponge & Custard (FBD) or Fresh Fruit	Frozen Toffee Yoghurt or Fresh Fruit	Sticky Chocolate Cake (FBD) or Fresh Fruit	Fruit Yoghurt or Fresh Fruit	** Bread, Fruit and Water available for all children	
Week 5 w/c 23.03.20 TOMATO WEEK	Tomato & Basil Chicken with Pasta & Sweetcorn	BBQ Pork with Rice & Peas	Sausages in Mini Yorkshire Puddings with Gravy, Roast Potatoes & Seasonal Veg	Fish Cake with Tomato Salad & Herby Diced Potatoes	Cottage Pie served with Winter Vegetables	All Jacket Potato Fillings are Gluten Free
	Quorn Mince Noodles with Sweetcorn	VEGAN Bean & Spinach Chilli served with Rice & Peas	Quorn Fillet with Yorkshire Pudd, Roast Potatoes & Seasonal Veg	Country Veg Bakes with Tomato Salad & Herby Diced Potatoes	Crispy Cheesy Mashed Potato with Winter Vegetables	** Fish Cakes will contain Salmon at least once every 3 Weeks
	Cheese Sandwich, Crudites, Bread Sticks & Banana Loaf	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	Hot Cheese & Ham Deli Roll, Crudites, Apples & Bread Sticks	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	All Gravy is Gluten Free
	Jacket Potato with Tuna & Sweetcorn Mayonnaise	Jacket Potato with Mediterranean Chicken	Jacket Potato with Sweet & Sour Pork	Jacket Potato with Cheese & Beans	Jacket Potato with Cheesy Coleslaw	
Jelly and Fruit (FBD) or Fresh Fruit	Chocolate Orange Marble Cake or Fresh Fruit	Chocolate Mousse Slice or Fresh Fruit	Ice Cream & Wafer or Fresh Fruit	Apple, Lemon & Sultana Cake (FRD) or Fresh Fruit		
Week 6 w/c 30.03.20 PEPPER WEEK	Chicken & Pepper Casserole with Mashed Potato & Peas	Pasta Bolognese with Sweetcorn	Roast Chicken with Gravy, Roast Potatoes & Spring Veg	Bubble Crumb Fish with Hash Brown Puffs & Baked Beans	Beef Lasagne and Garlic Bread with Rainbow Salad	Fruit Yoghurts will be Strawberry unless stated
	VEGAN Falafel in Tomato Sauce with Rice and Peas	Vegetable Sausage Casserole, Pasta, Sweetcorn	Stuffed Peppers with Spring Vegetables	Vegetable Nuggets with Hash Brown Puffs & Baked Beans	Cheese & Pepper Pizza with Herby Diced Potatoes & Salad	All Sides & Jacket Fillings come separate to the main meal to allow for allergens and special dietary requirements
	Cheese Sandwich, Crudites, Bread Sticks & Banana Loaf	Hot Cheese & Ham Deli Roll, Crudites, Apples & Bread Sticks	Cream Cheese filled Sandwich with Crudites, Orange & Fruit Yoghurt	Ham Sandwich, Crudites, Cheese Portion, Cream Crackers & Flapjack	Chicken Sandwich, Crudites, Rice Cake & Chocolate Brownie	
	Jacket Potato with Cheesy Coleslaw	Jacket Potato with Tuna & Sweetcorn Mayo	Jacket Potato with Chicken & Vegetable Casserole	Jacket Potato with Cheese/Beans	Jacket Potato with Bolognese	
Fruit Yoghurts or Fresh Fruit	Carrot Cake or Fresh Fruit	Frozen Toffee Yoghurt or Fresh Fruit	Peach Sponge & Custard (FBD) or Fresh Fruit	Apple Crumble & Cream (FBD) or Fresh Fruit		

Willoughby Foods Allergen Information

Side Dishes	Gluten	Cereals containing	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian
Baked Beans																X
Broccoli																X
Carrots																X
Cauliflower																X
Herby Diced Potatoes	X															X
Roast Potatoes	X															X
Mashed Potato								X								X
Duchess Potatoes								X								X
Garlic Bread	X						X									X
Gravy							X									X
Green Beans																X
Peas																X
Pasta	X			X												X
Naan Bread	X							X								X
Rice																X
Mixed Salad																X
Sweetcorn																X
Mini Mixed Veg																X
Hash Brown Puffs																X
Boiled Potatoes																X
Winter Vegetables																X
Yorkshire Puddings	X			X				X								X
Ketchup																X

All Gravy will be GF & Vegan

Willoughby Foods Allergen Information

Desserts	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupins	Molluscs	Vegetarian
Fruit Yoghurts - Low Fat							x								x
Sticky Chocolate & Pear Cake	x		x										x		x
Apple Crumble	x						x								x
Banana Loaf	x		x				x								x
Manderin Sponge	x		x			x	x								x
Ice Cream & Wafer	x					x	x								x
Fruit & Jelly															
Jam Sponge & Custard	x		x				x						x		x
Pineapple Sponge & Custard	x		x			x	x								x
Apple Sponge & Custard	x		x				x						x		x
Peach Sponge & Custard	x		x				x						x		x
Chocolate Mousse Slice	x		x			x	x								x
Apple, Lemon & Saltana Loaf	x		x				x						x		x
Frozen Yoghurt Pots							x								x
Chocolate & Orange Marble Cake	x		x				x						x		x
Frozen Chocolate Mousse							x								
Fruit Teacakes	x														
Carrot Cake	x		x				x						x		x
Frozen Toffee Yoghurt							x								
Lemon Curd Cake															
Sticky Chocolate Cake	x		x										x		x
Lemon Curd Cake	x		x										x		x

