Lunch Menu Autumn - Winter 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 **W/c** **3.9.18** **15.10.18**	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) Hot Ham & Cheese Deli Roll with Crudities Pot & Banana Jacket Potato with Cheese/Beans Chocolate & Pear Sponge (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 Tuna Mayo & Sweetcorn Wrap with Cheesy Mayo Dip, Crudities, Breadsticks & Flapjack Jacket Potato with Chicken & Vegetable Balti Ice Cream & Wafer or Fruit	Salmon Fish Cakes with Curly Fries & Peas Vegetable, Cheese & Tomato Pizza with Curly Fries & Peas Cheesy Mayo Pasta Salad Pot with Crudities, Cracker & Cookie Jacket Potato with Bolognaise Fruit Jellies (FBD) or Fruit
Week 2 **W/c** **10.9.18** **Roald Dahl day 13th Sept**	Lincolnshire Chipolatas in Gravy with Mashed Potato, Carrots & Cauliflower Vegetable Sausages in Gravy with Mashed Potato, Carrots & Cauliflower Chicken Mayo Wrap with Crudities, Cheesy Mayo Dip, Bread Sticks & Flapjack Jacket Potato with Cheesy Coleslaw & Salad Pineapple Square & Custard (FBD) or Fruit	Cowboy Chicken with Rice, Peas & Sweetcorn Quorn Cowboy with Rice, Peas & Sweetcorn Cheese & Ham Sandwich with Cheese Portion, Crudities & Mini Muffin Jacket Potato with Sausages in Gravy, Peas & Sweetcorn Fruit Yoghurt or Fruit	Roast Chicken with Stuffing, 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 Mediterranean Chicken American Pancakes with Toffee Sauce or Fruit	**ROALD DAHL DAY** **Mr Fox's Chicken Burgers with Hash Browns & Boggis Bunce Beans** **George's Marvellous Macaroni Cheese** Mr Twits Tuna Mayo Sandwich with Snozzcumber Sticks, Mini Matilda Muffins & Oompa Loompa Yoghurt **Jacket Potato with Boggis Bunce Beans** **Wonka's Sweet Shop Chocolate Cake** or **Oompa Lumpa Fruit**	Hot Cheese & Ham Deli Roll with Mixed Salad Quorn Lasagne served with Mixed Salad Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Tuna Sweetcorn Mayo & Salad Peach Sponge with Custard (FBD) or Fruit
Week 3 **W/c** **17.9.18**	BBQ Chicken served with Rice, Peas & Sweetcorn Jacket Potato served with Cheesy Coleslaw & Salad Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Tuna & Sweetcorn Mayonnaise Raspberry Mousse Slice or Fruit	Tex Mex Beef with Tacos & Mixed Salad Mixed Bean Risotto, with Mixed Salad Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with BBQ Chicken & Salad Ice Cream & Wafer or Fruit	Roast Gammon served with Steamed Potatoes, Cauliflower & Carrots Quorn Pasties with Steamed Potatoes, Cauliflower & Carrots Cheesy Mayo Pasta Salad Pot, Crudities, Crackers & Cookie Jacket Potato with Cheesy Coleslaw & Salad Fruit Jellies (FBD) or Fruit	Lincolnshire Chipolatas served with Mashed Potatoes, Green Beans & Carrotts Quorn Sausages served with Mashed Potatoes, Green Beans & Carrotts Hot Ham & Cheese Deli Roll with Crudities Pot and Banana Jacket Potato with Cheese & Ham Mayo Apple & Caramel Crumble Slice or Fruit	Margerhita Pizza served with Herby Diced Potatoes & Baked Beans Vegetable, Cheese & Tomato Pizza served with Herby Diced Potatoes & Baked Beans Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Cheese/Beans Banana Sponge & Custard (FBD) 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** **24.9.18**	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 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 filled with BBQ Chicken Chocolate Mousse Slice or Fruit	Chicken Nuggets served with Herby Diced Potatoes & Peas Quorn Sausage served with Herby Diced Potatoes & Peas Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with Sweet & Sour Vegetables 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 Cheesy Coleslaw & Salad Cookie or Fruit
Week 5 **W/c** **1.10.18**	BBQ Pork served with Rice & Sweetcorn Cheesy Vegetable Pasta Hot Ham & Cheese Deli Roll with Crudities Pot & Banana Jacket Potato with Tuna & Sweetcorn Mayonnaise Apple Crumble Slice & Custard 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 Cheesy Coleslaw & Salad Iced Pear Sponge (FBD) 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 BBQ Pork Jelly & Fruit (FBD) or Fruit	Lincolnshire Chipolatas with Hash Browns & Baked Beans Quorn Sausages with Hash Browns & Baked Beans Tuna Mayo & Sweetcorn Sandwich with Crudities, Chocolate Brioche & Apple Jacket Potato with Cheese/Beans Banana Loaf & Custard (FBD) or Fruit	Salmon Fish Cakes served with Mashed Potato & Peas Cheesy Vegetable & Bean Hash Bake served with Peas Ham Sandwich with Cheese Portion, Crudities & Mini Muffin Jacket Potato with Ratatouille Yoghurt or Fruit
Week 6 **W/c** **8.10.18**	Mild, Creamy, Chicken Curry served with Rice, Naan & Peas Mixed Bean Risotto Cream Cheese & Cucumber Croissant with Crudities, Dried Fruit Bag & Fruit Yoghurt Jacket Potato with Cheesy Coleslaw & Salad Chocolate & Pear Sponge with Chocolate Sauce or Fruit	Cold Lincolnshire Ham with Mashed Potato, Carrots & Green Beans Cheese Stuffed Jacket Potato with Carrots & Green Beans Chicken Mayo Wrap with Cheesy Mayo Dip & Crudities, Bread Sticks & Flapjack Jacket Potato with Tuna & Sweetcorn Mayonnaise Lemon Sponge or Fruit	Roast Chicken & Stuffing 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 Chicken Balti Ice Cream & Wafer or Fruit	Margerhita Pizza with Herby Diced Potatoes & Beans Vegetable, Cheese & Tomato Pizza served with Herby Diced Potatoes & Beans Hot Ham & Cheese Deli Roll with Crudities Pot and Banana Jacket Potato with Cheese / Beans Topsy Turvy Pineapple Sponge & Custard (FBD) 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 Mayo 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
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 & Stuffing	x														
Quorn Fillet in Gravy	x		x			x									x
Chicken Burgers	x						x								
Macaroni Cheese	x		x				x			x					x
Hot Ham & Cheese Deli Roll	x						x				x				
Hot Cheese & Tomato Deli Roll	x						x				x				
Quorn Lasagne	x		x			x	x		x	x					x
BBQ Chicken	x		x				x		x	x		x			
Jacket Potato with Cheesy Coleslaw			x				x		x						x
Tex Mex Beef & Taco	x		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					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	Crustacean	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
Naan Bread	x						x								x
Pasta	x														x
Cheese							x								x
Chips	x														x
Coleslaw			x							x					x
Garlic Bread	x					x									x
Gravy						x									x
Jacket Potato															x
Tomato Ketchup															x
Stuffing	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
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 Sandwich	x		x	x			x			x					
Cucumber Sticks															x
Chicken Mayo Pitta Bread	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
Mini Gingerbread	x														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
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		x			
Ratatouille									x						x
Chicken Balti															

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Desserts	Cereals containing Gluten	Crustacean	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 & Custard	x		x			x	x								x
Fruit Yoghurts							x								x
American Pancakes & Toffee Sauce	x		x				x						x		x
Chocolate Cake	x		x												x
Peach Sponge & Custard	x		x			x	x								x
Raspberry Mousse Slice	x		x			x	x								
Apple & Caramel Crumble Slice	x		x				x								
Banana Sponge & Custard	x		x				x								x
Apple Sponge & Custard	x		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 with Custard	x		x				x						x		x
Lemon Sponge	x		x										x		x
Apple Crumble Slice	x		x				x								
Pineapple Sponge & Custard	x		x			x	x								x