

# Withycombe Raleigh Primary School - Lunch Menu April 2023

## WEEK 1

## WEEK 2


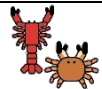

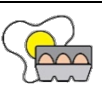
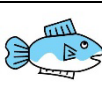




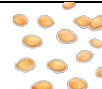
## WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
3,4,6,8,9,11	Sausage Roll & Beans	6	Chicken Tikka & Rice	3	Bolognaise & Pasta
3,4,8	Sweet & Sour Quorn Balls & Rice	3,6	Tomato & Mozzarella Pasta	3	Falafel Pitta & Salsa
6	Jacket Potato, Cheeses and/or Beans	4,5,6	Jacket Potato, Cheese and/or Tuna	3,11	Ham Wrap
3,9	Syrup Fruit Cookie	3,9	Fruit Flapjack	3	Chocolate Flapjack
Tuesday		Tuesday		Tuesday	
3,6	Beef Lasagne	3,5	Cod Fish Fingers in a Bap & Beans	3,6,11	Cheese & Gammon Ham Pizza
3,8	Quorn Bolognaise	3,4,6,9,10	Pinwheel	8	Quorn Cottage Pie
3,4,5,6	Tuna & Mayo Wrap	3,6,11	Ham Sandwich	3,4,6	Egg Mayo Sandwich
3,4,6,9	Tray Bake & Custard	3,4,6,9	Chocolate Cake & Orange Custard	3,4,6,9	Carrot Cake & Custard
Wednesday		Wednesday		Wednesday	
1,3,4,6,8	Roast Chicken	1,3,4,6,8,11	Roast Gammon	1,3,4,6,8	Roast Turkey Dinner
1,3,4,6,8	Quorn Roast	1,3,4,6,8	Quorn Roast	1,3,4,6,8	Quorn Roast Dinner
Our popular Wednesday roast dinners are served with Yorkshire puddings, roast potatoes, fresh vegetables and gravy.					
3,6	Cheese Roll	3,4,6	Egg Roll	3,6	Cheese Roll
6	Mousse	6	Mousse	12	Fruit Jelly
Thursday		Thursday		Thursday	
3,6	Cheese & Tomato Pizza	3	Chicken Pasta in BBQ Sauce	3,10,11	Hot Dog in a Roll & Spaghetti Hoops
4,6,7	Veg Korma & Rice	3,4,6	Cheese Quiche	3,6	Macaroni Cheese
6 (11)	Jacket Potato, Cheese and/or Ham	6	Jacket Potato, Cheese and/or Beans	3,4	Turkey & Pepper Pasta & Mayo
12	Fruit Jelly	-	Melon	-	Fruit Cocktail
Friday		Friday		Friday	
3,5	Fish, Chips & Peas	3,11	Sausage & Chips	3,5	Salmon Fish Fingers & Chips
3,4,6,8,10	Veg Burger & Chips	8	Quorn Sausage & Chips	3	Veg Nuggets & Chips
3,4,6	Chicken & Sweetcorn Mayo Pasta	4,5	Tuna, Pepper Pasta & Mayo	3,4,6	Chicken Wrap
3,6,9	Chocolate Cracknel	3	Custard Cookie	4,6,9	Ice Cream

Main meal = red band
  Vegetarian option = green band
  'Chilled' option = blue band

### Key to Allergen Information. We are a nut-free school so nuts are not part of this key.

Please speak to the Kitchen Manager for more information or for any other dietary clarification. Sometimes an allergen may be avoided (eg if only in gravy or mayo).

1.		2.		3.		4.		5.		6.		7.		8.		9.		10.	
	Celery		Crustaceans		Wheat		Egg		Fish		Milk		Mustard		Soya		Sulphur Dioxide		Sesame

**Non-allergen dietary preferences:** 11 Pork/Ham/Bacon/Gammon products; where shown in brackets (11), this is an optional part of the meal. 12 Contains Bovine Gelatine

Seasonal vegetables, salad bar and wholemeal bread (10) available daily. Fresh fruit and yoghurt (6) available as additional dessert options daily.