

Withycombe Raleigh Primary School - Lunch Menu Rota Summer 2022











WEEK 1

WEEK 2

WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
3,11	Meatballs, Pasta, Tomato Sauce	4,6,7	Chicken Tikka & Rice	3,7	BBQ Chicken Wraps
3	Falafel, wholemeal pitta	3,6	Tomato & Mozzarella Pasta	3	Veg Fajita
6	Jacket Potato Cheese and/or Beans	4,5,6	Jacket Potato with Cheese or Tuna	4,6	Jacket Potato with Cheese/Coleslaw
3,9	Fruit Flapjack	3,9	Coconut Shortbread	3,9	Fruit Flapjack
Tuesday		Tuesday		Tuesday	
3,4,5,6	Salmon Pasta Bake	3,4,9,10	Beef Burger Bap & Coleslaw	3,6,11	Pepperami Pizza
3,6	Cheese & Tomato Pizza	4,6,8	Sweet Potato & Quorn Cottage Pie	1,3,4,6,8	Savoury Rice & Quorn
3,11	Ham Wrap	3,4,7,10	Egg Roll	3,6,10	Cheese Roll
3,4,6,9	Sticky Orange Cake & Custard	3,4,9	Lemon Drizzle Cake / Custard	3,4,6	Choc & Raspberry Sponge & Choc Sauce
Wednesday		Wednesday		Wednesday	
1,3,4,6,8	Roast Chicken Dinner	1,3,4,6,8,11	Roast Pork Dinner	1,3,4,6,8	Roast Turkey Dinner
1,3,4,6,8	Quorn Fillet Roast Dinner	1,3,4,6,8	Quorn Fillet Roast Dinner	1,3,4,6,8	Quorn Fillet Roast Dinner
Wednesday Roast Dinners are served with Yorkshire Puddings, Roast Potatoes, Fresh Vegetables and Gravy					
3,6,10	Cheese Roll	3,11	Ham Sandwich	3,11	Ham Wrap
-	Fruit & Orange Jelly	6	Butterscotch Mousse	6	Raspberry Mousse
Thursday		Thursday		Thursday	
3,4,6,11	Cheese & Bacon Quiche	3, 6, 8	Beef & Tomato Pasta Bake	3,8,10,11	Hot Dog in Roll
3, 6	Macaroni Cheese	4,6,7	Veg Korma & Rice	3,8,10	Quorn Dog in Roll
4,5,6	Jacket Potato with Cheese and/or Tuna	6	Jacket Potato with Cheese and/or Beans	3	Turkey & Pepper Pasta
3	Custard Cookies	3	Flapjack	3,6	Chocolate Cracknell
Friday		Friday		Friday	
3,8,11	Sausage & Chips, Beans	3,5	Fish, Chips & Peas	3,5	Fish Fingers & Chips
3,4,6,8,10	Veg Burger & Chips	1,3,4,6,8	Vegetarian Sausage & Chips	3	Vegetable Nuggets & Chips
3,6,8,(11)	Chilled Pasta with Cheese/Ham	3,6,8	Chicken & Sweetcorn Pasta	3,4,7,10	Egg Roll
4,6	Ice Cream Pot	3,4,6,8	Arctic Roll	3,9	Syrup & Fruit Cookies

Main meal = red band
Vegetarian option = green band
* 'Chilled' option = blue band
Option includes salad bar

Key to Allergen Information. Note, 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										

11. Additional information - recipe includes Pork/Ham/Bacon/Gammon products. Where shown in brackets (11), this is an optional part of the meal.

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