

Withycombe Raleigh Primary School - Lunch Menu April 2024 (amended)




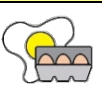
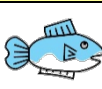


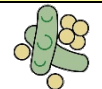


WEEK 1

WEEK 2

WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
-	Mediterranean Chicken & Rice, Mixed Veg	6	Chicken Korma & Rice with Green Beans	3,11	Meatballs & Pasta, Mixed Veg
3,8	Quorn Bolognese & Pasta Twists	3,6	Tomato & Mozzarella Pasta Bake	6	Sweet Potato & Chickpea Curry
4,5,6	Jacket Potato with Tuna or Cheese	3, 11	Gammon Ham Sandwich	3,6	Cheese Roll
3,9	Fruit Flapjack	6	Custard	6	Custard
	Tuesday		Tuesday		Tuesday
3,6	Beef Bolognese, Green Beans/Carrots	3,11	Meatballs & Tomato Pasta, Mixed Veg	3,5	Cod Fish Fingers Roll, Spag Hoops/ Carrots
3,6	Tomato & Mozzarella Pasta	3,8,10	Quorn Dog	3,6	Cheese & Tomato Pizza
3,4	Egg Mayonnaise Sandwich	4,6	Jacket Potato, Tuna Sweetcorn / Cheese	6	Jacket Potato Cheese and/or Beans
6	Custard	6	Mousse	6	Fresh Fruit / Yogurt
	Wednesday		Wednesday		Wednesday
<i>Wednesday's Roast Dinners are served with Yorkshire Puddings, Crispy Roast Potatoes, a choice of Fresh Vegetables, and Gravy</i>					
1,3,4,6,8	Roast Chicken, Cabbage, Carrots	1,3,4,6,8,11	Roast Gammon, Cabbage, Carrots	1,3,4,6,8	Roast Turkey, Cabbage, Carrots
1,3,4,5,8	Quorn Roast Dinner, Cabbage, Carrots	1,3,4,6,8	Quorn Roast Dinner, Cabbage, Carrots	1,3,4,6,8	Quorn Roast Dinner, Cabbage, Carrots
3,4,5	Tuna Wrap	3,6	Cheese Roll	3,4	Egg Wrap
6	Mousse	-	Fruit Jelly	6	Mousse
	Thursday		Thursday		Thursday
3,4,6,8,9,11	Sausage Roll with Beans or Peas	4,6,11	Cheese & Ham Frittata, Beans / Salad	-	Sweet & Sour Chicken, Rice, S'corn, Beans
6	Cauliflower Cheese	3	Chilled Tomato Pasta	3,4,6,9,10	Pinwheels
3,6,11	Cheese & Ham Pasta	6	Jacket Potato with Cheese and/or Beans	3	Turkey Sandwich
-	Fruit Jelly	6	Fresh fruit / Yogurt	-	Fruit Jelly
	Friday		Friday		Friday
3,5	Fish & Chips with Beans or Peas	1,3	Chicken Breast Nuggets, Chips, S'corn/Beans	3,5,7	Salmon Fishcake & Chips, Beans / Peas
3	Quorn Nuggets & Chips with Beans/Peas	3,4,6	Quorn Burger, Chips, Sweetcorn/Beans	4	Quorn Sausage & Chips, Beans / Peas
3,6	Cheese Roll	3,4,5	Tuna Mayonnaise Wrap	3,6,11	Cheese & Ham Pasta
6,9	Ice Cream	3,4,6,8	Arctic Roll	6	Ice Cream

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