

Withycombe Raleigh Primary School - Lunch Menu September 2024




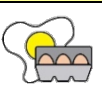
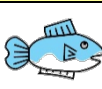





WEEK 1

WEEK 2

WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
3,11	Meatballs in Tomato Basil Sauce, Pasta, Veg	3,6,11	Ham & Pineapple Pizza, S'corn/Beans	3,5	Salmon Fishfingers in a Bap, Beans/Peas
3,4	Quorn Bolognese & Pasta	4	Quorn Cottage Pie	6	Jacket Potato, Cheese and/or Beans
3,4	Egg Mayonnaise Roll	6	Jacket Potato, Cheese and/or Beans	3,11	Ham Sandwich
9	Fruit Flapjack	9	Fruit Flapjack	3,4,6	Chocolate Sponge & Custard
Tuesday		Tuesday		Tuesday	
6	Chicken Korma Curry, Rice, Veg	3	Beef Bolognese, Pasta, Mixed Veg	3,6	Chicken, Tomato, Cheese Pasta Bake, Veg
6	Cauliflower & Broccoli Bake	6	Veg & Chickpea Korma, Rice	3	Quorn Dog
4,5,6	Jacket Potato, Tuna and/or Cheese	3	Chilled Tomato Pasta	3,4,5	Tuna Wrap
3	Chocolate Cookie	3,6	Apple Crumble & Custard	3,4,9	Carrot Cake
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	Roast Turkey, Cabbage, Carrots	1,3,4,6,8	Roast Gammon, Cabbage, Carrots
1,3,4,5,8	Quorn Fillet, Cabbage, Carrots	1,3,4,5,8	Quorn Fillet, Cabbage, Carrots	1,3,4,5,8	Quorn Fillet, Cabbage, Carrots
3,4,5	Tuna Mayonnaise Wrap	3,4,6	Egg Mayonnaise Roll	3,6	Cheese Roll
6	Mousse	6	Mousse	-	Fruit Jelly
Thursday		Thursday		Thursday	
-	Beef & Gravy Potato Topped Pie, Veg	6	Chicken Tikka, Rice, Cauliflower/Peas	3,11	Hot Dog, Bakes Beans, Broccoli
3,6	Tomato Mozzarella Pasta Bake	3,4,6,9	Cheese & Tomato Pinwheels	3,6	Macaroni Cheese
3	Ham Sandwich	3,4	Turkey Mayo Pasta	3	Gammon Ham Pasta
-	Fruit Jelly	-	Fruit Jelly	6	Mousse
Friday		Friday		Friday	
3,5	Cod Fish Fingers, Chips, Peas/Beans	3,11	Sausage & Chips, Peas/Beans	3,5	Fish & Chips, Peas
3	Quorn Sausage & Chips, Peas/Beans	3	Quorn Nuggets, Peas/Beans	3,4,6	Veg Burger & Chips, Peas
3,6,11	Chilled Cheese & Ham Pasta	3,4,5	Tuna May Wrap	3,4	Egg Sandwich
6	Ice Cream	3,6,9	Chocolate Rice Krispie Cake	3,4,6,8	Arctic Roll

Main meal = red band	Vegetarian option = green band	* 'Chilled' option = blue band Option includes salad bar/veg/bread
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<p style="margin: 0;">Key to Allergen Information. Note, we are a nut-free school so nuts are not part of this key</p> <p style="margin: 0;">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).</p>																			
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.