

Withycombe Raleigh Primary School - Lunch Menu September 2023

WEEK 1

WEEK 2











WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
4,6,7	Chicken Korma and Rice	3,6,11	Pepperoni & Cheese Pizza	3,11	Meatball and Tomato Pasta
3,6	Tomato & Mozzarella Pasta	3,8	Quorn Bolognaise	3,8,10	Quorn Dog
3,4,5	Tuna Mayo Wrap	3,4,5	Tuna & Mayo Wrap	6	Jacket Potato, Cheese and/or Beans
3,9	Fruity Flapjack	3,4,6,9	Lemon Cake & Custard	3,9	Fruit Flapjack
	Tuesday		Tuesday		Tuesday
3,5	Fish Fingers, Mashed Potato, Beans	3,6	Pasta Bolognaise	3,6	Chicken Tikka, Rice
4,6,7	Chickpea Korma	3,4,6,9,10	Tomato Pinwheels	3,8	Veggie Quorn Lasagne
3,4	Egg Mayo Sandwich	3,5,6	Jacket Potato, Cheese and/or Tuna	3,4	Egg Mayo Wrap
3,4,6,9	Coconut Cake & Custard	3,9	Fruit Flapjack	3,9	Apricot & Apple Crunch
	Wednesday		Wednesday		Wednesday
1,3,4,6,8	Roast Chicken Dinner	1,3,4,6,8,11	Roast Gammon 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	Cheese Roll	3,4,6	Egg Mayo Sandwich	3,4,5,6	Tuna Mayo Roll
6	Mousse	6	Mousse	-	Fruit Jelly
	Thursday		Thursday		Thursday
3,8	Cottage Pie	3,5,7	Salmon Fishcakes	-	Mild Chili & Rice
3,6	Cheese & Tomato Pizza	3,6	Macaroni Cheese	3,6	Tomato & Mozzarella Pasta
6	Jacket Potato, Cheese and/or Beans	3,4,11	Gammon Ham Roll	3,4,6	Egg Mayo Sandwich
-	Fruit Jelly	3,9	Fruit Cookies	3,4,6,9	Chocolate Cake & Custard
	Friday		Friday		Friday
1,3	Chicken Nuggets & Chips	3,11	Sausage & Chips	3,5	Fish & Chips
8	Quorn Sausage & Chips	3,4,6,8,10	Quorn Burger & Chips	3	Quorn Nuggets & Chips
3,4,6,8(11)	Chilled Cheese & Ham Pasta	3,6	Cheesy Pasta	3,4	Chilled Turkey Mayo Pasta
3,9	Chocolate Cookies	3,6,9	Chocolate Cracknel	4,6,9	Ice Cream

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.