

Withycombe Raleigh Primary School - Lunch Menu Rota January 2023

WEEK 1




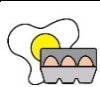
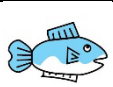





WEEK 2

WEEK 3

Allergens	Monday	Allergens	Monday	Allergens	Monday
3,11	Meatballs in Tomato Sauce with Pasta	3,6	Bolognese Pasta	3,6,11	Pepperoni Pizza
3,8,10	Quorn Dog	3,8	Quorn Bolognese	4,6,7	Chickpea Korma & Rice
3,4,5	Tuna Wrap	3,4	Egg Roll	6	Jacket Potato, Cheese and/or Beans
3,9	Fruit Flapjack	3	Shortbread	3,9	Chocolate & Coconut Flapjack
Tuesday		Tuesday		Tuesday	
3,8	Cottage Pie	3,6,8,(11)	Sausage & Bean Casserole & Mash	3,4,6	Chicken & Vegetable Pie
3,6	Cheese & Tomato Pizza	3,4,6,9,10	Cheese & Tomato Pinwheels	3,8	Quorn Bolognese
6	Jacket Potato, Cheese and/or Beans	3,4	Chicken Wrap	3,4,5	Tuna, Sweetcorn & Mayonnaise Wrap
-	Jelly & Fruit	3,4,6	Chocolate Cake & Peppermint Custard	3,4,6,9	Sultana Cake with Vanilla Custard
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 Roast Dinner	1,3,4,6,8	Quorn Roast Dinner
Our popular Wednesday roast dinners are served with Yorkshire puddings, roast potatoes, fresh vegetables and gravy.					
3,6,10	Cheese Roll	3,6,10	Cheese Roll	3,4,7,10	Egg Sandwich
6	Mousse Butterscotch or Chocolate	6	Mousse Strawberry & Raspberry	-	Fruit Jelly
Thursday		Thursday		Thursday	
4,6,7	Chicken Korma & Rice	3,5,7	Salmon Fishcake	3,8,10,(11)	Hot Dog
3,6	Tomato & Mozzarella Pasta	6	Jacket Potato, Cheese/Beans	3,6	Macaroni Cheese
3,4	Chicken & Mayonnaise Sandwich	3,4,5	Tuna Wrap	3,4	Turkey & Pepper Pasta with Mayo
3,4,6,9	Orange Cake, Choc & Orange Sauce	3,9	Fruit Flapjack	3	Chocolate Cookie
Friday		Friday		Friday	
3,5	Fish & Chips	3,9	Beef Burger & Chips	3,5	Fish Fingers & Chips
3	Quorn Nuggets & Chips	8	Vegetarian Sausage & Chips	3,4,6,8,10	Vegetarian Burger & Chips
3,6,8,(11)	Cheese & Ham Pasta & Mayonnaise	3,4(11)	Ham & Mayonnaise Pasta	3,4	Chicken Mayonnaise Roll
3,9	Coconut Cookies	3,9	Crispy Crunch	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.