

Please specify dietary requirements:

Rumbling Turns Lunch Menu
Kings Caple

Contact number/email _____
Child's Name _____

PLEASE CIRCLE CHOICE.		Fresh seasonal vegetables (3 different varieties each week) or salad will be offered every day. Bread will be offered every day			
	Week 1 07/03/16	Week 2 14/03/16	Week 3 21/03/16	Week 4 11/04/16	
Monday	Cottage pie (CG, S, Mi)	Chicken & Wholegrain pasta bake (CG)	Lasagne (CG, Mi, E)		
	Veggie cottage pie (CG S Mi)	Quorn & wholegrain pasta bake (E, S, CG)	Quorn lasagne (CG, S, E)		
	Jacket - cheese, beans or tuna (Mi, E, F)	Jacket - cheese, beans or tuna (Mi, F, E)	Jacket - cheese, beans or tuna (Mi, F, E)	INSET DAY	
	Fruit	Fruit	Fruit		
Tuesday	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	
	Cheese & Biscuits (E, Mi, C, Cr)	Pears & Custard (Mi, CG)	Cheese & biscuits (E, Mi, CG,)		
	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna		
	Ham, cheese & tomato pizza (CG Mi)	Hot dog & chips (CG, Mi)	Chicken, cheese & tomato pizza (CG Mi)	Beef burger in a bun & chips (CG, Mi,)	
Wednesday	Cheese & Tomato pizza (CG, Mi)	Quorn hot dog & chips (CG, S, E)	Cheese & tomato pizza (CG Mi)	Bean burger in a bun & chips (CG)	
	Jacket - cheese, beans or tuna (Mi, E, F)	Jacket - cheese, beans or tuna (Mi, E, F)	Jacket - cheese, beans or tuna (F, E, Mi)	Jacket - cheese, beans or tuna (F, Mi, E)	
	Fruit	Fruit	Fruit	Fruit	
	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	
Thursday	Fruit flapjack (CG)	Fruit muffins (Mi, CG, E)	Fruit flapjack (CG)	Fruit Muffins (CG, Mi, E)	
	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	
	Cowboy Sausages with mash (C, CG, Mi)	Chicken curry & rice (CG, Mi,)	Sausage & mash (CG, Mi)	Mild chicken curry & w'grain rice (CG, Mi)	
	Quorn casserole & w'grain rice (CG, S, E)	Chickpea curry & rice (CG)	Quorn sausages & mash (CG, S, E)	Chickpea curry & wholegrain rice (CG)	
Friday	Jacket - cheese, beans or tuna (Mi, F, E)	Jacket - cheese, beans or tuna (Mi, E, F)	Jacket - cheese, beans or tuna (F, Mi, E)	Jacket - cheese, beans or tuna (Mi, F, E)	
	Fruit	Fruit	Fruit	Fruit	
	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	
	Chocolate brownie (CG, Mi, E)	Shortbreads (Mi, CG)	Shortbreads (Mi, CG)	Shortbread (Mi, CG)	

Allergies Key: CG - Cereals with gluten. C - Celery. Cr - Crustaceans. Mi - milk. Mo - Molluscs. Mu - Mustard. N - Nuts. E - Egg. P - Peanuts. F - Fish. SS - Sesame seeds. S - Soya. Sd - Sulphur dioxide. L - Lupin. **PACKED LUNCHES:** CG, E, F, S, Mi