

Please specify dietary requirements:

Rumbling Tums 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 18/04/16	Week 2 25/04/16 (NB: YR 5 LONDON TRIP)	Week 3 02/05/16	Week 4 09/05/16
Monday	Cottage pie (CG, S, Mi)	Chicken & Wholegrain pasta bake (CG)		Bolognese pasta bake (CG)
	Veggie cottage pie (CG S Mi)	Quorn & wholegrain pasta bake (E,S,CG)		Quorn pasta bake (CG,S,E)
	Jacket - cheese, beans or tuna (Mi, E, F)	Jacket - cheese, beans or tuna (Mi,F,E)	MAY DAY	Jacket - cheese, beans or tuna (Mi,F,E)
	Fruit	Fruit		Fruit
Tuesday	Yoghurt (Mi)	Yoghurt (Mi)		Yoghurt(Mi)
	Cheese & Biscuits (E,Mi, C, Cr)	Pears & Custard (Mi,CG)		Peaches & custard (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)
	Fresh 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)
	Fruit crumble & custard (CG Mi)	Fruit crumble & custard (CG Mi)	Fruit crumble & custard (CG,Mi,)	Fruit crumble & custard(Mi,CG)
Saturday	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna
	Fish Cake, Crunchy Potatoes (Mi,C,Cr,F)	Fish fingers & crunchy potatoes (CG F,)	BBQ Chicken with Rice (C,CG)	Fish Fingers & crunchy pot's(Mi,CG,F,C,Cr)
	Macaroni cheese(CG, Mi)	Veggie fingers & crunchy potatoes (CG)	Macaroni cheese (Mi,CG)	Veggie fingers & crunchy potatoes (CG)
	Jacket - cheese, beans & tuna(E,Mi,F)	Jacket - cheese, beans or tuna (Mi,F,E)	Jacket - cheese, beans or tuna (F,Mi,E)	Jacket - cheese, beans or tuna(Mi,F,E)
Sunday	Fruit	Fruit	Fruit	Fruit
	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)
	Banana & custard (Mi)	Chocolate sponge (Mi,E,CG)	Banana custard (Mi,CG)	Chocolate sponge(Mi,E,CG)
	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna
Monday	Gammon & potatoes (CG)	Roast pork & potatoes (CG)	Roast chicken & potatoes (CG)	Roast pork & potatoes(CG)
	Quorn fillets & potatoes (E, S)	Quorn fillets & potatoes (E, S)	Quorn fillet & potatoes (E,S)	Quorn fillets & potatoes (E,S)
	Jacket -cheese,beans,tuna (E,Mi,F)	Jacket - cheese, beans or tuna (E,F,Mi)	Jacket - cheese, beans or tuna (Mi,F,E)	Jacket - cheese, beans or tuna(Mi,E,F)
	Fruit	Fruit	Fruit	Fruit
Tuesday	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt(Mi)
	Chocolate brownie (CG,Mi,E)	Shortbreads (Mi,CG)	Chocolate brownie (Mi CG)	Shortbread(Mi,CG)
	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna

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