

Please specify dietary requirements:

Rumblung 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 16/05/16	Week 2 23/05/16	Week 3 06/06/16	Week 4 13/06/16
Monday	Cottage pie (CG, S, Mi) Veggie cottage pie (CG S Mi) Jacket - cheese, beans or tuna (Mi, E, F) Fruit Yoghurt (Mi) Cheese & Biscuits (E,Mi, C, Cr) Packed Lunch - cheese, ham or tuna Ham, cheese & tomato pizza (CG Mi) Cheese & Tomato pizza (CG,Mi) Jacket - cheese, beans or tuna (Mi,E,F) Fresh fruit Yoghurt (Mi) Fruit flapjack (CG)	Chicken & Wholegrain pasta bake (CG) Quorn & wholegrain pasta bake (E,S,CG) Jacket - cheese,beans or tuna (Mi,F,E) Fruit Yoghurt (Mi) Pears & Custard (Mi,CG) Packed Lunch - cheese, ham or tuna Hot dog & chips (CG,Mi) Quorn hot dog & chips (CG,S,E) Jacket - cheese, beans or tuna (Mi,E,F) Fruit Yoghurt (Mi) Fruit muffins (Mi,CG,E)	Lasagne (CG, Mi, E) Quorn lasagne (CG, S, E) Jacket - cheese beans or tuna (Mi, F,E) Fruit Yoghurt (Mi) Cheese and Biscuits (E,Mi, CG) Packed Lunch - cheese, ham or tuna Chicken, cheese & tomato pizza(CG Mi) Cheese & tomato pizza (CG Mi) Jacket - cheese, beans or tuna (F,E,Mi) Fruit Yoghurt (Mi) Fruit flapjack (CG)	Bolognese pasta bake (CG) Quorn pasta bake (CG,S,E) Jacket - cheese, beans or tuna (Mi,F,E) Fruit Yoghurt(Mi) Peaches & custard (Mi,CG) Packed Lunch - cheese, ham or tuna Beef burger in a bun & chips(CG,Mi, Bean burger in a bun & chips (CG) Jacket - cheese, beans or tuna(F,Mi,E) Fruit Yoghurt(Mi) Fruit Muffins (CG,Mi,E)
Tuesday	Packed Lunch - cheese, ham or tuna Cowboy Sausages with mash (C,CG,Mi) Quorn casserole & w'grain rice (CG,S,E) Jacket - cheese, beans or tuna (Mi,F,E) Fruit Yoghurt (Mi) Fruit crumble & custard (CG Mi) Packed Lunch - cheese, ham or tuna Fish Cake, Crunchy Potatoes (Mi,C,Cr,F) Macaroni cheese(CG, Mi) Jacket - cheese, beans & tuna(E,Mi,F) Fruit Yoghurt (Mi) Banana & custard (Mi) Packed Lunch - cheese, ham or tuna Gammon & potatoes (CG) Quorn fillets & potatoes (E, S) Jacket -cheese,beans,tuna (E,Mi,F) Fruit Yoghurt (Mi) Chocolate brownie (CG,Mi,E) Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna Chicken curry & rice (CG,Mi, Chickpea curry & mash (CG,S,E) Quorn sausages & mash (CG,S,E) Jacket - cheese, beans or tuna (Mi,E,F) Fruit Yoghurt (Mi) Fruit crumble & custard (CG Mi) Packed Lunch - cheese, ham or tuna Fish fingers & crunchy potatoes (CG F,) Veggie fingers & crunchy potatoes (CG) Jacket - cheese, beans or tuna (Mi,F,E) Fruit Yoghurt (Mi) Chocolate sponge (Mi,E,CG) Packed Lunch - cheese, ham or tuna Roast pork & potatoes (CG) Quorn fillets & potatoes (E, S) Jacket - cheese, beans or tuna (E,F,Mi) Fruit Yoghurt (Mi) Shortbreads (Mi,CG) Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna Sausage & mash(CG,Mi) Quorn sausages & mash (CG,S,E) Jacket - cheese, beans or tuna (F,Mi,E) Fruit Yoghurt (Mi) Fruit crumble & custard (CG,Mi, Packed Lunch - cheese, ham or tuna BBQ Chicken with Rice (C,CG) Macaroni cheese (Mi,CG) Jacket - cheese, beans or tuna (F,Mi,E) Fruit Yoghurt (Mi) Banana custard (Mi,CG) Packed Lunch - cheese, ham or tuna Roast chicken & potatoes (CG) Quorn fillet & potatoes (E,S) Jacket - cheese, beans or tuna (Mi,F,E) Fruit Yoghurt (Mi) Chocolate brownie (Mi CG) Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna Mild chicken curry & w'grain rice(CG,Mi) Chickpea curry & wholegrain rice (CG) Jacket - cheese, beans or tuna(Mi,F,E, Fruit Yoghurt(Mi) Fruit crumble & custard(Mi,CG) Packed Lunch - cheese, ham or tuna Fish Fingers & crunchy pot's(Mi,CG,F,C,Cr) Veggie fingers & crunchy potatoes (CG) Jacket - cheese, beans or tuna(Mi,F,E) Fruit Yoghurt (Mi) Chocolate sponge(Mi,E,CG) Packed Lunch - cheese, ham or tuna Roast pork & potatoes(CG) Quorn fillets & potatoes (E,S) Jacket - cheese, beans or tuna(Mi,F,E) Fruit Yoghurt(Mi) Shortbread(Mi,CG) Packed Lunch - cheese, ham or tuna
Wednesday				
Thursday				
Friday				

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