

Please specify dietary requirements:

Rumbling Tums Lunch Menu
Kings Cagle

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 20/06/16	Week 2 27/06/16	Week 3 04/07/16	Week 4 11/07/16	
Monday	Cottage pie (CG, S, MI)	Chicken & Wholegrain pasta bake (CG)	Lasagne (CG, MI, E)	Bolognese pasta bake (CG)	
	Veggie cottage pie (CG S MI)	Quorn & wholegrain pasta bake (E,S,CG)	Quorn lasagne (CG, S, E)	Quorn pasta bake (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)	Jacket - cheese, beans or tuna (MI,F,E)	
	Fruit	Fruit	Fruit	Fruit	
	Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)	
Tuesday	Cheese & Biscuits (E,MI, C, Cr)	Pears & Custard (MI,CG)	Cheese and Biscuits (E,MI, CG)	Peaches & custard (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	
	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,)	
	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)	
Wednesday	Fresh fruit	Fruit	Fruit	Fruit	
	Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)	
	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)	
Thursday	Quorn casserole & w'grain rice (CG,S,E)	Chickpea curry & rice (CG)	Quorn sausages & mash (CG,S,E)	Chickpea curry & wholegrain rice (CG)	
	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)	
Friday	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)	
	Fruit	Fruit	Fruit	Fruit	
Saturday	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	
	Garnon & 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)	
Sunday	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	
	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