

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 31/10/16	Week 2 07/11/16	Week 3 14/11/16	Week 4 21/11/16
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) 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	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) Packed Lunch - cheese, ham or tuna Chicken curry & rice (CG, Mi) Chickpea curry & rice (CG) 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	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) 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	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) 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, E, F) Fruit Yoghurt (Mi) Shortbread (Mi, CG) Packed Lunch - cheese, ham or tuna
Tuesday				
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