

Please specify dietary requirements:

Rumbling Tums Lunch Menu Kings Caple School

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 02/01/16 7	Week 2 09/01/16 7	Week 3 16/01/16 7	Week 4 23/01/16 7
Monday	chicken wholegrain pasta bake (cg mi) 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	Lasagne (CG,Mi,E,) Quorn lasagne (CG,S,E) Jacket - cheese, beans or tuna (Mi,F,E,) Fruit Yoghurt (Mi) Strawberry Whip (cg mi) 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	Lasagne (CG,Mi,E,) Quorn lasagne (CG,S,E) Jacket - cheese, beans or tuna (Mi,F,E,) Fruit Yoghurt (Mi) Strawberry Whip (cg mi) 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	Bolognese pasta bake (cg mi) 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
Tuesday	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 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	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 Meat balls with rice (c cg mi) 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	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
Wednesday				
Thursday				
Friday				

Allergies Key: CG - Cereals with gluten. C - Celery. Cr - Crustaceans. Mi - milk. Mo - Molluscs. Mi - 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