

Please specify dietary requirements:

Rumbling Turns Lunch Menu Kings Caple School

Contact number/email

Child's Name

Contact tel. number for The Rumbling Tum: 01989 567660 / 07771 682786

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 06/03/17	Week 2 13/03/17	Week 3 20/03/17	Week 4 27/03/17
Monday		Cottage pie (CG, S, Mi) Veggie cottage pie (CG S Mi) Jacket - cheese, beans or tuna (Mi, E, F) Fruit Yoghurt (Mi) Strawberry Whip (cg mi) Packed Lunch - cheese, ham or tuna	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	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	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
Tuesday		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	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, 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	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
Wednesday		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	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	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	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
Thursday		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	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	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	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
Friday		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	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	Roast pork & potatoes (CG) Quorn fillets & potatoes (E,S) Jacket - cheese, beans or tuna (Mi,F,E) Fruit Yoghurt (Mi) Chocolate brownie (Mi 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

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