

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 15/05/17 YR 6 OAKERWOOD	Week 2 22/05/17	Week 3 05/06/17	Week 4 12/06/17
Monday	Cottage Pie (CG, S, Mi)	Chicken pasta bake (Mi, CG, E)	Lasagne (CG, Mi, E)	Bolognese pasta bake (CG, Mi)
	Veggie cottage pie (CG, S, Mi)	Quorn & wholegrain pasta bake (E, S, CG, Mi)	Quorn lasagne (CG, S, E, Mi)	Quorn pasta bake (CG, S, E, Mi)
	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	Strawberry whip (Mi, CG)	Pears & Custard (Mi, CG)	Strawberry Whip (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)	Meat balls with rice (C, CG, Mi)	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

Please tick:
 FSM
 UFSM
 Paid meals
 Amount enclosed: £

Meals cost £2.20 Cheques payable to R.G Goodwin
Forms must be returned by Friday morning the week before meals are required.
 Contact tel. number for The Rumbling Tum: 01989 567660 / 07771 682786

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