

Please specify dietary requirements:

Rumbling Tumms 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 19/06/17	Week 2 26/06/17 (29th JKHS Induction)	Week 3 03/07/17 (Yr 6 Show wk; 7th Fed Ath)	Week 4 10/07/17
	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
Monday	Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)
	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)
	Fresh fruit	Fruit	Fruit	Fruit
	Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)
Tuesday	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
		Chicken curry & rice (CG, MI,)	Sausage & mash(CG, MI)	Mild chicken curry & w' grain rice(CG, MI)
		Chickpea curry & rice (CG)	Quorn sausages & mash (CG, S, E)	Chickpea curry & wholegrain rice (CG)
		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
		Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)
		Fruit crumble & custard (CG MI)	Fruit crumble & custard (CG, MI,)	Fruit crumble & custard (MI, CG)
		Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna
Wednesday				
		Fish fingers & crunch potatoes (CG F,)	Meat balls with rice (C, CG, MI)	Fish Fingers & crunch pot's(MI, CG, F, C, Cr)
		Macaroni cheese(CG, MI)	Macaroni cheese (MI, CG)	Veggie fingers & crunch potatoes (CG)
		Jacket - cheese, beans & tuna(E, MI, F)	Jacket - cheese, beans or tuna (MI, F, E)	Jacket - cheese, beans or tuna(MI, F, E)
		Fruit	Fruit	Fruit
		Yoghurt (MI)	Yoghurt (MI)	Yoghurt (MI)
		Fruit crumble & custard (CG MI)	Fruit crumble & custard (CG, MI,)	Fruit crumble & custard (MI, CG)
		Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna
Thursday				
		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
		Roast pork & potatoes (CG)	Roast chicken & potatoes (CG)	Roast pork & potatoes(CG)
		Quorn fillets & potatoes (E, S)	Quorn fillet & potatoes (E, S)	Quorn fillets & potatoes (E, S)
		Jacket - cheese, beans, tuna (E, MI, F)	Jacket - cheese, beans or tuna (MI, F, E)	Jacket - cheese, beans or tuna(MI, E, F)
		Fruit	Fruit	Fruit
		Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)
		Banana & custard (MI)	Chocolate sponge(MI, E, CG)	Shortbread(MI, CG)
		Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna	Packed Lunch - cheese, ham or tuna
Friday				
		Roast pork & potatoes (CG)	Roast chicken & potatoes (CG)	Roast pork & potatoes(CG)
		Quorn fillets & potatoes (E, S)	Quorn fillet & potatoes (E, S)	Quorn fillets & potatoes (E, S)
		Jacket - cheese, beans, tuna (E, MI, F)	Jacket - cheese, beans or tuna (MI, F, E)	Jacket - cheese, beans or tuna(MI, E, F)
		Fruit	Fruit	Fruit
		Yoghurt (MI)	Yoghurt (MI)	Yoghurt(MI)
		Chocolate brownie (CG, MI, E)	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

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

Please tick:
FSM
U/FSM
Paid meals
Amount enclosed: £

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