

Please specify dietary requirements:

Rumbling Tums Lunch Menu
Kings Cagle 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 17/07/17	Week 2 04/09/17	Week 3 11/09/17	Week 4 18/09/17	
Monday	Cottage Pie (CG, S, Mi)		Lasagne (CG, Mi, E)	Bolognese pasta bake (CG Mi)	
	Veggie cottage pie (CG S 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)		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	
	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, E)
	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, E)	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, E)	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	
Monday	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	
	Banana & custard (Mi)	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	Packed Lunch - cheese, ham or tuna	
	Gammon & potatoes (CG)	Roast pork & potatoes (CG)	Roast chicken & potatoes (CG)	Roast pork & potatoes (CG)	
	Quorn fillets & potatoes (E, S)	Quorn fillets & potatoes (E, S)	Quorn fillet & potatoes (E, S)	Quorn fillets & potatoes (E, S)	
Tuesday	Jacket - cheese, beans, tuna (E, Mi, F)	Jacket - cheese, beans or tuna (E, F, Mi)	Jacket - cheese, beans or tuna (Mi, F, E)	Jacket - cheese, beans or tuna (Mi, E, F)	
	Fruit	Fruit	Fruit	Fruit	
	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	Yoghurt (Mi)	
	Chocolate brownie (CG, Mi, E)	Shortbread (Mi, CG)	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	Packed Lunch - cheese, ham or tuna	

Please tick:
 FSM
 UIFSM
 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