

Please specify dietary requirements:

Rumbling Turns 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 25/09/17	Week 2 02/10/17	Week 3 09/10/17	Week 4 16/10/17
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 (Mi, CG) Packed Lunch - cheese, ham or tuna	Chicken pasta bake (Mi, CG, E) Quorn & wholegrain pasta bake (E, S, CG, Mi) 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, Mi) Jacket - cheese, beans or tuna (Mi, F, E) Fruit Yoghurt (Mi) Strawberry Whip (Mi, CG) Packed Lunch - cheese, ham or tuna	Bolognese pasta bake (CG Mi) Quorn pasta bake (CG, S, E, Mi) 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	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	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
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 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	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

Please tick:  
FSM   
UJFSM   
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 Turn: 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