

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 30/10/17 | Week 2 06/11/17 | Week 3 13/11/17 | Week 4 20/11/17 |
|-----------|---|--|--|---|
| 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
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 Turn: 01989 567660 / 07771 682786

Allergies Key: CG - Cereals with gluten. C - Celery. Cr - Crustaceans. Mi - milk. Mo - Molluscs. Mu - Mustard. N - Nuts. E - Eggs. P - Peanuts. F - Fish. SS - Sesame seeds. S - Soya. Sd - Sulphur dioxide. L - Lupin. PACKED LUNCHES: CG,E,F,S,Mi