

Please specify dietary requirements:

PLEASE CIRCLE CHOICE. Fresh seasonal vegetables (3 different varieties each week) or salad will be offered every day. Bread will be offered every day. Bread will be offered every day.

	Week 1 24/06/2019	Week 2 01/07/2019	Week 3 08/07/2019	Week 4 15/07/2019
Monday	Cottage Pie (CG, S, Mi) Veggie cottage pie (CG S Mi) Jacket - cheese, beans or tuna (Mi, E, F) Fruit Yoghurt (Mi) Fruit strudel (C, G, Mi, C) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) Fruit strudel (C, G, Mi, C) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - cheese, ham or tuna	Chicken pie (C, G, M) Chickpea curry & rice (CG) Jacket - cheese, beans or tuna (Mi, E, F) Fruit Yoghurt (Mi) Fruit crumble & custard (CG Mi) PL: BREAD OR WRAP - cheese, ham or tuna	Toad in the Hole (C, G, Mi) Quorn sausages & mash (CG, S, E) Jacket - cheese, beans or tuna (F, Mi, E) Fruit Yoghurt (Mi) Fruit crumble & custard (CG, Mi,) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - cheese, ham or tuna
Thursday	Chicken Goujons (C, G, Mi) Macaroni cheese (CG, Mi) Jacket - cheese, beans & tuna (E, Mi, F) Fruit Yoghurt (Mi) Banana & custard (Mi) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - cheese, ham or tuna	Hunters Chicken (C, G, Mi) Macaroni cheese (Mi, CG) Jacket - cheese, beans or tuna (F, Mi, E) Fruit Yoghurt (Mi) Banana custard (Mi, CG) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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) PL: BREAD OR WRAP - 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 Rumblung 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