

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 02/09/2019	Week 2 09/09/2019	Week 3 16/09/2019	Week 4 23/09/2019
Monday	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 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	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 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	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 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 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	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 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 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 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 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
Tuesday				
Wednesday				
Thursday				
Friday				

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