

Please specify dietary requirements: _____

Rumbling Tums Lunch Menu
Kings Cuple 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 28/09/20	Week 2 05/10/20	Week 3 12/10/20	Week 4 19/10/20
Monday	Cottage Pie (CG, S, Mi)	Chicken pasta bake (Mi,CG,E)	Lasagne (CG,Mi,E,)	Bolognese pasta bake (CG Mi)
	Veggie cottage pie (CG S Mi)	Quorn & wholegrain pasta bake (E,S,CG,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)
	Fruit strudel (C,G,Mi,C)	Pears & Custard (Mi,CG)	Fruit strudel (C,G,Mi,C)	Peaches & custard (Mi,CG)
	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna
Tuesday	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,)
	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)
	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)
	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna
Wednesday	Cowboy Sausages with mash (C,CG,Mi)	Chicken pie (C,G,M)	Toad in the Hole (C,G,Mi)	Mild chicken curry & w'grain rice(CG,Mi)
	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,)	Fruit crumble & custard (Mi,CG)
	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna
Thursday	Chicken Goujons (C,G,Mi)	Fish fingers & crunchy potatoes (CG F,)	Hunters Chicken (C,G,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
	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)
	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna
Friday	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)
	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)	Shortbreads (Mi,CG)	Chocolate brownie (Mi CG)	Shortbread(Mi,CG)
	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	PL: BREAD OR WRAP - cheese, ham or tuna	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 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