



St Cuthbert's Spring Menu 2023

All meals are served with water
& a choice of fresh fruit and vegetables every day



Week 1 (wk beginning: 9 & 30 January, 27 Feb, 20 March)

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta Bake or Tuna pasta bake or Macaroni Cheese, Garlic Bread & Mixed Vegetables Biscuit & milk / Yoghurt Fresh Fruit & Vegetables	Roast chicken, roast Potatoes York. Pudding, gravy & sweetcorn Cupcake / Yoghurt Fresh Fruit & Vegetables	Mince pie, mashed potatoes, carrots & crispy bread Orange/strawberry jelly & whip Fresh Fruit & Vegetables	Roast Sausages, roast Potatoes, York Pudding, gravy & Broccoli Chocolate cake & custard / yoghurt Fresh Fruit & Vegetables	Pizza <i>or</i> Fish Fingers, Chips & Baked Beans Pudding of the day & juice Fresh Fruit & Vegetables

Week 2 (wk beginning: 16 Jan, 6 Feb, 6 & 27 March)

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Cakes & Waffles <i>or</i> jacket potato with choice of fillings Mixed Vegetables Choc / vanilla ice-cream / yoghurt Fresh Fruit & Vegetables	Meatballs with tomato sauce or gravy, spaghetti, crispy bread, sweetcorn Sticky toffee pudding & custard / yoghurt Fresh Fruit & Vegetables	Chicken casserole <i>or</i> chicken fajitas with wrap <i>or</i> garlic Bread, Carrots & rice Cheesecake / yoghurt Fresh Fruit & Vegetables	Roast Sausages, roast potatoes, York. Pudding, gravy & peas Cake & Custard / Yoghurt Fresh Fruit & Vegetables	Fish portion <i>or</i> salmon bites, Chips & Baked Beans Pudding of the day & juice / Yoghurt Fresh Fruit & Vegetables

Week 3 (wk beginning: 23 Jan, 13 Feb, 13 March)

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta Bake or Tuna pasta bake or Macaroni Cheese, Garlic Bread & Mixed Vegetables Biscuit & juice / Yoghurt Fresh Fruit & Vegetables	Roast Sausages, roast Potatoes York. Pudding, gravy & broccoli Brownie & milk / Yoghurt Fresh Fruit & Vegetables	Chicken curry, rice, carrots & naan bread Pancake / yoghurt Fresh Fruit & Vegetables	Roast Sausages, roast Potatoes York. Pudding, gravy & peas Rice pudding / Yoghurt Fresh Fruit & Vegetables	Pizza <i>or</i> fish fingers, Chips & Baked Beans Pudding of the day & juice / Yoghurt Fresh Fruit & Vegetables

School lunches cost £2:20 per day - children may change between a packed lunch or a school dinner but please let the school office know!















SEE BELOW FOR ALLERGEN INFORMATION FOR ALL MEALS

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

[illegible]

PUDDINGS														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Biscuit		√ wheat												
Yoghurt							√							
Cheesecake		√ wheat					√							
Cupcake		√ wheat		√										
Brownie		√ wheat		√									√	
Raspberry / chocolate mousse		√ wheat		√			√						√	
Rice pudding							√							
Flapjack		√ wheat												
Chocolate cake		√ wheat		√										
Sticky toffee pudding		√ wheat		√			√							
Ice cream							√						√	
Sponge cake		√ wheat		√										
Pudding of the day		√ wheat		√									√	

PLEASE INFORM SCHOOL IMMEDIATELY IF YOUR CHILD HAS ALLERGIES TO ANY OF THE ABOVE MAIN DISHES OR PUDDINGS

Review date: 09/01/23

Review by: K Smilgiene & C McGregor

You can find this template, including more information at www.food.gov.uk/allergy

Next review date: 27/04/23

