

## 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	•		Thursday	Friday							
Tomato & Basil Pasta	Roast chicken, roast	Mince pie, mashed	Roast Sausages, roast	Pizza <i>or</i> Fish Fingers,							
Bake or Tuna pasta bake	Potatoes York. Pudding,	potatoes, carrots & crispy	Potatoes, York Pudding,	Chips & Baked Beans							
or Macaroni Cheese, Garlic	gravy & sweetcorn	bread	gravy & Broccoli	Pudding of the day & juice							
Bread & Mixed Vegetables	Cupcake / Yoghurt	Orange/strawberry jelly &	Chocolate cake & custard	Fresh Fruit & Vegetables							
Biscuit & milk / Yoghurt	Fresh Fruit & Vegetables	whip	/yoghurt	,							
Fresh Fruit & Vegetables	,	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables								
Week 2 (wk beginning: 16 Jan, 6 Feb, 6 & 27 March)											
Monday	Tuesday	Wednesday	Thursday	Friday							
Fish Cakes & Waffles or	Meatballs with tomato	Chicken casserole <i>or</i>	Roast Sausages, roast	Fish portion <i>or</i> salmon							
jacket potato with choice	sauce or gravy, spaghetti,	chicken fajitas with wrap	potatoes, York. Pudding,	bites, Chips & Baked							
of fillings	crispy bread, sweetcorn	<i>or</i> garlic Bread, Carrots &	gravy & peas	Beans							
Mixed Vegetables	Sticky toffee pudding &	rice	Cake & Custard / Yoghurt	Pudding of the day & juice							
Choc / vanilla ice-cream /	custard / yoghurt	Cheesecake / yoghurt	Fresh Fruit & Vegetables	/ Yoghurt							
yoghurt	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables		Fresh Fruit & Vegetables							
Fresh Fruit & Vegetables				·							
	Week 3 (wk beginning: 23 Jan, 13 Feb, 13 March)										
Monday	Tuesday	Wednesday	Thursday	Friday							
Tomato & Basil Pasta	Roast Sausages, roast	Chicken curry, rice, carrots	Roast Sausages, roast	Pizza <i>or</i> fish fingers,							
Bake or Tuna pasta bake	Potatoes York. Pudding,	& naan bread	Potatoes York. Pudding,	Chips & Baked Beans							
or Macaroni Cheese, Garlic	gravy & broccoli	Pancake / yoghurt	gravy & peas	Pudding of the day & juice							
Bread & Mixed Vegetables	Brownie & milk / Yoghurt	Fresh Fruit & Vegetables	Rice pudding / Yoghurt	/ Yoghurt Fresh Fruit &							
Biscuit & juice / Yoghurt	Fresh Fruit & Vegetables		Fresh Fruit & Vegetables	Vegetables							
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)

			the cereal(s)	Containing g	luten mu	ial Columni A	ND/OK life	manne on the	= 11ut(5) 111 t	nat column)		1		
MAIN DISHES					D.	Lupin Flour	Milk		MUSTARD					WHE
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Fish cake		√ wheat			٧		٧		٧					
Jacket					√		٧		٧					
potato														
fillings														
Yorkshire		√ wheat		٧			٧							
pudding														
Pasta		√ wheat												
Crispy /		√ wheat												
Garlic /														
Naan bread														
Sausages / meatballs		√ wheat											٧	٧
Pizza bread		√ wheat					٧							
Fish fingers		√ wheat			٧									
& portion														
Tomato &		√ wheat		V					V					
basil pasta														
Macaroni		√ wheat					٧							
cheese														
Chicken		√ wheat												
casserole														
Salmon		√ wheat			٧				٧					
bites														
Lasagne		√ wheat		٧			٧							
Chicken		√ wheat					٧							
fajitas														
Mince pie		√ wheat												
Mashed							٧							
potato														,
Baked														٧
beans														

PUDDINGS						Lupin Flour	Milk		MUSTARD				6	WINE NO.
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Biscuit		√ wheat												
Yoghurt							٧							
Cheesecake		√ wheat					٧							
Cupcake		√ wheat		٧										
Brownie		√ wheat		٧									٧	
Raspberry / chocolate mousse		√ wheat		٧			٧						٧	
Rice pudding							٧							
Flapjack		√ wheat												
Chocolate cake		√ wheat		٧										
Sticky toffee pudding		√ wheat		٧			٧							
Ice cream							٧						٧	
Sponge cake		√ wheat		٧										
Pudding of the day		√ wheat		٧									٧	

## 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

Next review date: 27/04/23

You can find this template, including more information at <a href="https://www.food.gov.uk/allergy">www.food.gov.uk/allergy</a>

