

St Cuthbert's Spring Menu 2022



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

| Week 1 (wk beginning: 5/1, 24/1, 14/2, 14/3, 4/4) | | | | | | | | | | | |
|--|----------------------------|--|--------------------------|-------------------------------------|--|--|--|--|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | |
| Tomato & Basil Pasta | Roast Chicken Roast | Chicken curry, Naan | Roast Sausages, Roast | Pizza or Fish Fingers, Chips | | | | | | | |
| Bake or Tuna pasta bake | Potatoes York. Pudding, | Bread & Carrots | Potatoes York. Pudding, | & Baked Beans | | | | | | | |
| or Macaroni Cheese, Garlic | gravy & peas | Flapjack / Yoghurt | gravy & Broccoli | Pudding of the day / | | | | | | | |
| Bread & Mixed Vegetables | Cake & custard / Yoghurt | Fresh Fruit & Vegetables | Biscuit & Milk / Yoghurt | Yoghurt | | | | | | | |
| Cheesecake / Yoghurt | Fresh Fruit & Vegetables | | Fresh Fruit & Vegetables | Fresh Fruit & Vegetables | | | | | | | |
| Fresh Fruit & Vegetables | | | | | | | | | | | |
| Week 2 (wk beginning:10/1, 31/1, 28/2, 21/3) | | | | | | | | | | | |
| Monday | Tueşday | Wednesday | Thursday | Friday | | | | | | | |
| Fish Cakes & Waffles or | Roast Turkey, Roast | Mince pie, mashed | Roast Sausages, Roast | Fish fingers or homemade | | | | | | | |
| Jacket Potato with choice | Potatoes York. Pudding, | potatoes & Crispy Bread & | Potatoes York. Pudding, | chicken nuggets, Chips & | | | | | | | |
| of fillings Mixed Vegetables | gravy & sweetcorn | Carrots Chocolate or | gravy & peas | Baked Beans | | | | | | | |
| Brownie & Milk / Yoghurt | Strawberry or orange jelly | raspberry mousse / | Chocolate Cake & Custard | Pudding of the day / | | | | | | | |
| Fresh Fruit & Vegetables | & whip Yoghurt | Yoghurt Fresh Fruit & | / Yoghurt | Yoghurt | | | | | | | |
| | Fresh Fruit & Vegetables | Vegetables | Fresh Fruit & Vegetables | Fresh Fruit & Vegetables | | | | | | | |
| | Weel | 3 (wk beginning: 17/1, 7/2, 7/3 | 3, 28/3) | | | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | |
| Tomato & Basil Pasta | Roast Chicken, Roast | Chicken casserole, rice, | Roast Sausages, Roast | Fish portion or salmon | | | | | | | |
| Bake or Tuna pasta bake | Potatoes, York. Pudding, | carrots & garlic bread | Potatoes York. Pudding, | bites, Chips, Baked Beans | | | | | | | |
| or Macaroni Cheese, Garlic | gravy & Sweetcorn | Sticky toffee pudding & | gravy & broccoli | & garlic bread Pudding of | | | | | | | |
| Bread & Mixed Vegetables | Chocolate or vanilla ice- | custard / Yoghurt Fresh | Cupcake / Yoghurt | the day / Yoghurt Fresh | | | | | | | |
| Biscuit & milk / Yoghurt | cream / Yoghurt | Fruit & Vegetables | Fresh Fruit & Vegetables | Fruit & Vegetables | | | | | | | |
| Fresh Fruit & 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)

| MAIN DISHES | | | The cereal(s) | | | Lupin Flour | Milk | | MUSTARD | | | | | WIFE |
|----------------|--------|-----------------------------------|---------------|------|------|----------------|------|----------|---------|-------|---------|-----------------|------|--------------------|
| | 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 | | ٧ | | | | | |
| potato | | | | | | | | | | | | | | |
| fillings | | | | | | | | | | | | | | |
| Yorkshire | | √ wheat | | ٧ | | | ٧ | | | | | | | |
| pudding | | | | | | | | | | | | | | |
| Pasta | | √ wheat | | | | | | | | | | | | |
| Crispy / | | √ wheat | | | | | | | | | | | | |
| Garlic / | | | | | | | | | | | | | | |
| Naan bread | | | | | | | | | | | | | | |
| Sausages | | √ wheat | | | | | | | | | | | ٧ | ٧ |
| Pizza bread | | √ wheat | | | | | ٧ | | | | | | | |
| Fish fingers | | √ wheat | | | ٧ | | | | | | | | | |
| & portion | | | | | | | | | | | | | | |
| Tomato & | | √ wheat | | ٧ | | | | | ٧ | | | | | |
| basil pasta | | | | | | | | | | | | | | |
| Macaroni | | √ wheat | | | | | ٧ | | | | | | | |
| cheese | | | | | | | | | | | | | | |
| Chicken | | √ wheat | | | | | | | | | | | | |
| casserole | | | | | | | | | | | | | | |
| Salmon | | √ wheat | | | ٧ | | | | ٧ | | | | | |
| bites | | | | | | | | | | | | | | |
| Quiche | | √ wheat | | ٧ | | | ٧ | | | | | | | |
| Tuna melt | | √ wheat | | ٧ | ٧ | | ٧ | | ٧ | | | | | |
| Cheese melt | | √ wheat | | ٧ | | | ٧ | | ٧ | | | | | |
| Mince pie | | √ wheat | | | | | | | | | | | | |
| Mashed | | | | | | | ٧ | | | | | | | |
| potato | | | | | | | | | | | | | | |
| Baked | | | | | | | | | | | | | | ٧ |
| beans | | | | | | | | | | | | | | |

| PUDDINGS | | | | | | Lupin | Milk | | MUSTARD | | | | | WIFE |
|------------------------------|--------|-----------------------------------|-------------|------|------|-------|------|----------|---------|-------|---------|-----------------|------|--------------------|
| | 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: 04/01/22 Review by: K Smilgiene & C McGregor

Next review date: 08/04/22

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

