



# 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 Bake or Tuna pasta bake or Macaroni Cheese, Garlic Bread & Mixed Vegetables Cheesecake / Yoghurt Fresh Fruit & Vegetables	Roast Chicken Roast Potatoes York. Pudding, gravy & peas Cake & custard / Yoghurt Fresh Fruit & Vegetables	Chicken curry, Naan Bread & Carrots Flapjack / Yoghurt Fresh Fruit & Vegetables	Roast Sausages, Roast Potatoes York. Pudding, gravy & Broccoli Biscuit & Milk / Yoghurt Fresh Fruit & Vegetables	Pizza <i>or</i> Fish Fingers, Chips & Baked Beans Pudding of the day / Yoghurt Fresh Fruit & Vegetables
Week 2 (wk beginning: 10/1, 31/1, 28/2, 21/3)				
Monday	Tuesday	Wednesday	Thursday	Friday
Fish Cakes & Waffles or Jacket Potato with choice of fillings Mixed Vegetables Brownie & Milk / Yoghurt Fresh Fruit & Vegetables	Roast Turkey, Roast Potatoes York. Pudding, gravy & sweetcorn Strawberry or orange jelly & whip Yoghurt Fresh Fruit & Vegetables	Mince pie, mashed potatoes & Crispy Bread & Carrots Chocolate or raspberry mousse / Yoghurt Fresh Fruit & Vegetables	Roast Sausages, Roast Potatoes York. Pudding, gravy & peas Chocolate Cake & Custard / Yoghurt Fresh Fruit & Vegetables	Fish fingers <i>or</i> homemade chicken nuggets, Chips & Baked Beans Pudding of the day / Yoghurt Fresh Fruit & Vegetables
Week 3 (wk beginning: 17/1, 7/2, 7/3, 28/3)				
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 Chocolate or vanilla ice-cream / Yoghurt Fresh Fruit & Vegetables	Chicken casserole, rice, carrots & garlic bread Sticky toffee pudding & custard / Yoghurt Fresh Fruit & Vegetables	Roast Sausages, Roast Potatoes York. Pudding, gravy & broccoli Cupcake / Yoghurt Fresh Fruit & Vegetables	Fish portion or salmon bites, Chips, Baked Beans & garlic bread Pudding of the day / 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: 04/01/22

Review by: K Smilgiene & C McGregor

You can find this template, including more information at [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)

Next review date: 08/04/22

