



# St Cuthbert's Spring Menu 2024

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



## Week 1 (wk beginning: 9/1, 29/1, 26/2, 18/3)

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta <i>or</i> Tuna pasta <i>or</i> Macaroni Cheese, Garlic Bread & Mixed Vegetables Biscuit & Milk / Yoghurt Fresh Fruit & Vegetables	Roast Chicken, roast potatoes, Yorkshire pudding, sweetcorn & gravy Cupcake / Yoghurt Fresh Fruit & Vegetables	Chicken Casserole <i>or</i> chicken fajitas, garlic bread or wrap, carrots & rice Cheesecake/ Yoghurt Fresh Fruit & Vegetables	Roast Sausages, roast potatoes Yorkshire pudding, gravy & peas Chocolate or vanilla ice- cream / Yoghurt Fresh Fruit & Vegetables	Pizza <i>or</i> Fish Fingers, Chips & Baked Beans Pudding of the day / Yoghurt / fruit juice Fresh Fruit & Vegetables

## Week 2 (wk beginning: 15/1, 5/2, 4/3, 25/4)

Monday	Tuesday	Wednesday	Thursday	Friday
Fish cake <i>or</i> Fish Fingers, waffles & Mixed Vegetables Cake & custard / Yoghurt Fresh Fruit & Vegetables	Roast Turkey, roast potatoes, Yorkshire pudding, sweetcorn & gravy Fruit crumble & ice-cream / Yoghurt Fresh Fruit & Vegetables	Beef mince, carrots & pasta, garlic bread Orange or strawberry Jelly / Yoghurt Fresh Fruit & Vegetables	Roast sausages, roast potatoes, Yorkshire pudding, gravy & broccoli Toffee whirl & Custard / Yoghurt Fresh Fruit & Vegetables	Pizza <i>or</i> Fish Fingers, Chips & Baked Beans Pudding of the day / Yoghurt / fruit juice Fresh Fruit & Vegetables

## Week 3 (wk beginning: 22/1, 12/2, 11/3)

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato & Basil Pasta <i>or</i> Tuna pasta <i>or</i> Macaroni Cheese, Garlic Bread & Mixed Vegetables Biscuit & juice/ Yoghurt Fresh Fruit & Vegetables	Roast Chicken, Roast Potatoes, York. Pudding, Sweetcorn & gravy Brownie & milk / Yoghurt Fresh Fruit & Vegetables	Chicken curry, naan bread rice & Carrots Cheesecake / Yoghurt Fresh Fruit & Vegetables	Roast Sausages, roast potatoes, Yorkshire pudding, peas & gravy Sticky toffee pudding & custard / Yoghurt Fresh Fruit & Vegetables	Salmon bites <i>or</i> Fish portion, Chips & Baked Beans Pudding of the day / Yoghurt Fresh Fruit & Vegetables

















**ALL Reception, Y1 & Y2 pupils are entitled to a free meal plus anyone in Y3 & Y4 eligible for free school meals.**















For all other pupils school lunches cost £2:20 per day – children may change between a packed lunch or a school dinner but please make sure your child knows as they have to place order each morning!

**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														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chicken curry							√							
Yorkshire pudding		√ wheat		√			√							
Pasta		√ wheat												
Crispy / Garlic / Naan bread		√ wheat												
Sausages		√ wheat											√	√
Pizza bread		√ wheat					√							
Fish fingers & portion		√ wheat			√									
Tomato & basil pasta		√ wheat		√					√					
Macaroni cheese		√ wheat					√							
Chicken casserole		√ wheat												
Salmon bites		√ wheat			√				√					
Baked beans														√

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		✓									✓	
Toffee whirl		✓ 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: 22/12/23

Review by: K Smilgiene (catering manager) & C McGregor (Head teacher)



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

Next review date: 29/04/24