



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!



| 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

