

## St Cuthbert's Summer Menu 2022



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

| <b>Week 1</b> (wk beginning: 25/4, 16/5, 13/6, 4/7) |                           |                            |                             |                                 |  |  |  |  |  |  |  |
|---|---------------------------|----------------------------|-----------------------------|---------------------------------|--|--|--|--|--|--|--|
| Monday  | Tuesday                   | Wednesday                  | Thursday                    | Friday                          |  |  |  |  |  |  |  |
| Tomato & Basil Pasta                                | Roast Turkey, Roast       | Chicken pie or chicken     | Roast Sausages, Roast       | Pizza <i>or</i> Fish Fingers,   |  |  |  |  |  |  |  |
| Bake or Tuna pasta bake                             | Potatoes York. Pudding,   | casserole, Garlic Bread &  | Potatoes York. Pudding,     | Chips & Baked Beans             |  |  |  |  |  |  |  |
| or Macaroni Cheese, Garlic                          | gravy & sweetcorn         | Carrots & rice             | gravy & Peas                | Pudding of the day / juice      |  |  |  |  |  |  |  |
| Bread & Mixed Vegetables                            | Cupcake / Yoghurt         | Cheesecake / Yoghurt       | Choc or vanilla ice cream & | Yoghurt                         |  |  |  |  |  |  |  |
| Biscuite milk/ Yoghurt                              | Fresh Fruit & Vegetables  | Fresh Fruit & Vegetables   | meringue / Yoghurt          | Fresh Fruit & Vegetables        |  |  |  |  |  |  |  |
| Fresh Fruit & Vegetables                            | -                         |                            | Fresh Fruit & Vegetables    | ,                               |  |  |  |  |  |  |  |
| Week 2 (wk beginning: 3/5, 23/5, 20/6, 11/7)        |                           |                            |                             |                                 |  |  |  |  |  |  |  |
| Monday  | Tuesday                   | Wednesday                  | Thursday                    | Friday                          |  |  |  |  |  |  |  |
| Fish Cakes & Waffles or                             | Roast Sausages, Roast     | Chicken curry & rice naan  | Roast Sausages, mashed      | Fish fingers <i>or</i> homemade |  |  |  |  |  |  |  |
| Jacket Potato with choice                           | Potatoes York. Pudding,   | bread & Carrots Orange     | Potatoes, York. Pudding,    | chicken nuggets, Chips &        |  |  |  |  |  |  |  |
| of fillings Mixed                                   | gravy & broccoli          | or strawberry jelly & whip | gravy & peas                | Baked Beans                     |  |  |  |  |  |  |  |
| Vegetables Cake &                                   | Fruit crumble & ice cream | / Yoghurt / Fresh Fruit &  | Toffee whirl & Custard /    | Pudding of the day & juice      |  |  |  |  |  |  |  |
| custard / Yoghurt Fresh                             | /Yoghurt                  | Vegetables                 | Yoghurt                     | / Yoghurt                       |  |  |  |  |  |  |  |
| Fruit & Vegetables                                  | Fresh Fruit & Vegetables  |                            | Fresh Fruit & Vegetables    | Fresh Fruit & Vegetables        |  |  |  |  |  |  |  |
| Week 3 (wk beginning: 9/5, 6/6, 27/6, 18/7)         |                           |                            |                             |                                 |  |  |  |  |  |  |  |
| Monday  | Tuesday                   | Wednesday                  | Thursday                    | Friday                          |  |  |  |  |  |  |  |
| Tomato & Basil Pasta                                | Roast Chicken, Roast      | Mince pie, mashed          | Roast Sausages, Roast       | Fish portion or salmon          |  |  |  |  |  |  |  |
| Bake or Tuna pasta bake                             | Potatoes, York. Pudding,  | potatoes, carrots & crispy | Potatoes York. Pudding,     | bites, Chips, Baked Beans       |  |  |  |  |  |  |  |
| or Macaroni Cheese, Garlic                          | gravy & Sweetcorn         | bread                      | gravy & broccoli            | & garlic bread                  |  |  |  |  |  |  |  |
| Bread & Mixed Vegetables                            | Brownie & milk / Yoghurt  | Orange or strawberry jelly | Sticky toffee pudding&      | Pudding of the day & juice      |  |  |  |  |  |  |  |
| Biscuit & juice / Yoghurt                           | Fresh Fruit & Vegetables  | & ice cream / Yoghurt      | custard / Yoghurt           | / Yoghurt Fresh Fruit &         |  |  |  |  |  |  |  |
| Fresh Fruit & Vegetables                            |                           | Fresh Fruit & Vegetables   | Fresh Fruit & Vegetables    | 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<br>DISHES |        |                                   | ne cereal(s) |      |      | Lupin | Milk |          | MUSTARD |       |         |                 |      | See WHE            |
|----------------|--------|-----------------------------------|--------------|------|------|-------|------|----------|---------|-------|---------|-----------------|------|--------------------|
|                | Celery | Cereals<br>containing<br>gluten** | Crustaceans  | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame<br>seeds | Soya | Sulphur<br>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    |      |       |      |          | V       |       |         |                 |      |                    |
| 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<br>Flour | Milk |          | MUSTARD |       |         |                 | - 100 B | WINE               |
|------------------------------------|--------|-----------------------------------|-------------|------|------|----------------|------|----------|---------|-------|---------|-----------------|---------|--------------------|
|                                    | Celery | Cereals<br>containing<br>gluten** | Crustaceans | Eggs | Fish | Lupin          | Milk | Molluscs | Mustard | Nuts* | Peanuts | Sesame<br>seeds | Soya    | Sulphur<br>dioxide |
| Biscuit                            |        | √ wheat                           |             |      |      |                |      |          |         |       |         |                 |         |                    |
| Yoghurt                            |        |                                   |             |      |      |                | ٧    |          |         |       |         |                 |         |                    |
| Cheesecake                         |        | √ wheat                           |             |      |      |                | ٧    |          |         |       |         |                 |         |                    |
| Cupcake                            |        | √ wheat                           |             | ٧    |      |                |      |          |         |       |         |                 |         |                    |
| Brownie                            |        | √ wheat                           |             | ٧    |      |                |      |          |         |       |         |                 | ٧       |                    |
| Raspberry /<br>chocolate<br>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: 05/04/22 Review by: K Smilgiene & C McGregor

Next review date: 22/07/22

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

