

## St Cuthbert's Summer 2 Menu 2021



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

		eek 1 (wk beginning: 7/6 & 28	<u> </u>								
Monday	Tuesday	Wednesday	Thursday	Friday							
Tomato & Basil Pasta Bake	Roast beef, Roast Potatoes	Chicken Curry, Rice, Naan	Roast Sausages, Roast	Pizza <b>or</b> Fish Fingers, Chips							
or Macaroni Cheese, Garlic	Yorkshire pudding, peas &	Bread & Carrots	Potatoes, Yorkshire	& Baked Beans							
Bread & Mixed Vegetables	gravy	Flapjack / Yoghurt	pudding, gravy & Broccoli	Pudding of the day /							
Vanilla or choc ice cream/	Cake & custard / Yoghurt	Fresh Fruit & Vegetables	Biscuit & Milk / Yoghurt	Yoghurt							
Yoghurt /Fresh	Fresh Fruit & Vegetables		Fresh Fruit & Vegetables	Fresh Fruit & Vegetables							
strawberries & Vegetables	_		_	_							
Week 2 (wk beginning: 14/6 & 5/7)											
Monday	Tuesday	Wednesday	Thursday	Friday							
Fish Cakes & Waffles <i>or</i>	Roast Turkey, Roast	Mince Pie, mashed potatoes,	Roast Sausages, Roast	Choice of sandwiches							
Jacket Potato with choice	Potatoes, Yorkshire	Crispy Bread & Carrots	Potatoes, Yorkshire	(ham/cheese/tuna/chicken)							
of fillings	pudding, gravy & sweetcorn	Choc or raspberry mousse /	pudding, gravy & peas	& Chips							
Mixed Vegetables	Biscuit & milk / Yoghurt	Yoghurt	Choc cake & custard /	Fresh salad							
Apple crumble & ice-cream	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	Yoghurt	Pudding of the day /							
/ Yoghurt			Fresh Fruit & Vegetables	Yoghurt							
Fresh Fruit & Vegetables				Fresh Fruit & Vegetables							
	We	ek 3 (wk beginning: 21/6 & 12	2/7)								
Monday	Tuesday	Wednesday	Thursday	Friday							
Cheese or Tuna Melt,	Roast Chicken, Roast	Chicken casserole, rice,	Roast Sausages, Roast	Fish portion or salmon							
Waffles & Mixed	Potatoes, Yorkshire	carrots & garlic bread	Potatoes, Yorkshire	bites, Chips, Baked Beans &							
Vegetables	pudding, gravy & sweetcorn	Sticky toffee pudding &	pudding, gravy & broccoli	garlic bread							
Brownie & Milk / Yoghurt	Orange or strawberry jelly	custard / Yoghurt	Cheesecake / Yoghurt	Pudding of the day /							
Fresh Fruit & Vegetables	& ice cream / Yoghurt	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	Yoghurt							
	Fresh Fruit & Vegetables			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 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		W.			200	upm Fixer	Wak		(MUSTNED)	A. S.				e K
	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							
Mince pie		√ wheat												
Mashed							٧							
potato														
Baked														٧
beans														

PUDDINGS		No.	Y	<b>F</b>		Lipin (Flour	Mak		WASTARD	A.	×			O.K
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Biscuit		√ wheat												
Custard							٧							٧
Apple Crumble		√ wheat												
Yoghurt							٧							
Cheesecake		√ wheat					٧							
Cupcake		√ wheat		٧										
Brownie		√ wheat		٧									٧	
Raspberry / chocolate		√ wheat		٧			٧						٧	
mousse														
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	
Jelly	NO ALLE	RGENS												

## PLEASE INFORM SCHOOL IMMEDIATELY IF YOUR CHILD HAS ALLERGIES TO ANY OF THE ABOVE MAIN DISHES OR PUDDINGS

Review date: 28/05/2021 Reviewed by: K Smilgiene & C McGregor



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

Next review date: 06/09/2021