

St Cuthbert's Autumn Menu 2022



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

Week 1 (wk beginning: 5 & 26 September, 17 October, 14 Nov, 5 Dec)											
Monday	Tuesday	Wednesday	Thursday	Friday							
Fish Cakes or salmon	Roast Turkey, roast	chicken casserole, Garlic	Roast Sausages, roast	Pizza <i>or</i> Fish Fingers,							
bites & Waffles	Potatoes York. Pudding,	Bread, Carrots & rice	Potatoes, York. Pudding,	Chips & Baked Beans							
Mixed Vegetables	gravy & sweetcorn	Raspberry or chocolate	gravy & Broccoli	Pudding of the day & juice							
Biscuit & milk	Cupcake / Yoghurt	mousse	Toffee whirl & custard	Fresh Fruit & Vegetables							
Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	·							
Week 2 (wk beginning: 12 Sept, 3 & 31 October, 21 Nov, 12 Dec)											
Monday	Tuesday	Wednesday	Thursday	Friday							
Cheese <i>or</i> tuna melt or	Roast Chicken, roast	Mince pie, mashed	Roast Sausages, roast	Fish portion <i>or</i> salmon							
jacket potato with choice	Potatoes York. Pudding,	potatoes, carrots & crispy	potatoes, York. Pudding,	bites, Chips & Baked							
of fillings, wedges & mixed	gravy & sweetcorn	bread	gravy & peas	Beans							
vegetables	Brownie & milk	Cheesecake	Cake & Custard / Yoghurt	Pudding of the day & juice							
Chocolate or Vanilla ice	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	Fresh Fruit & Vegetables	/ Yoghurt							
cream	,			Fresh Fruit & Vegetables							
Fresh Fruit & Vegetables				·							
Week 3 (wk beginning: 19 Sept, 10 October, 7 & 28 Nov, 19 Dec)											
Monday	Tuesday	Wednesday	Thursday	Friday							
Tomato & Basil Pasta	Chicken fajitas, rice &	Lasagne <i>or</i> mince & pasta,	Roast Sausages, roast	Pizza <i>or</i> fish fingers,							
Bake or Tuna pasta bake	Sweetcorn	carrots & garlic bread	Potatoes York. Pudding,	Chips & Baked Beans							
or Macaroni Cheese, Garlic	Chocolate cake &	Jelly & whip	gravy & peas	Pudding of the day & juice							
Bread & Mixed Vegetables	chocolate custard /	Fresh Fruit & Vegetables	Sticky toffee pudding&	/ Yoghurt Fresh Fruit &							
Biscuit & juice / Yoghurt	Yoghurt		custard / Yoghurt	Vegetables							
Fresh Fruit & Vegetables	Fresh Fruit & Vegetables		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)

	se state tr		he cereal(s)	containing g	luten** in th	iat column A	ND/OR the	name of the	e nut(s)* in t	hat column)				
MAIN DISHES						Lupin	Milk		MUSTARD					WE
	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 pudding		√ wheat		٧			٧							
Pasta		√ wheat												
Crispy /		√ wheat												
Garlic /														
Naan bread														
Sausages		√ wheat											٧	٧
Pizza bread		√ wheat					٧							
Fish fingers		√ wheat			√									
& portion														
Tomato &		√ wheat		٧					٧					
basil pasta														
Macaroni		√ wheat					٧							
cheese														
Chicken		√ wheat												
casserole														
Salmon		√ wheat			٧				٧					
bites														_
Lasagne		√ wheat		٧			٧							
Chicken		√ wheat					٧							
fajitas		, , ,		,					,					_
Tuna melt		√ wheat		٧	٧		٧		٧					_
Cheese melt		√ wheat		٧			٧		٧					
Mince pie		√ wheat					,							
Mashed							٧							
potato														.,
Baked														٧
beans														

PUDDINGS						Lupin Flour	Milk		MUSTARD				- 100 m	WINE
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Biscuit		√ wheat												
Yoghurt							٧							
Cheesecake		√ wheat					٧							
Cupcake		√ wheat		٧										
Brownie		√ wheat		٧									٧	
Raspberry / chocolate 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: 05/09/22 Review by: K Smilgiene & C McGregor

Next review date: 09/01/23

You can find this template, including more information at www.food.gov.uk/allergy

