



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 <i>or</i> salmon bites & Waffles Mixed Vegetables Biscuit & milk Fresh Fruit & Vegetables	Roast Turkey, roast Potatoes York. Pudding, gravy & sweetcorn Cupcake / Yoghurt Fresh Fruit & Vegetables	chicken casserole, Garlic Bread, Carrots & rice Raspberry or chocolate mousse Fresh Fruit & Vegetables	Roast Sausages, roast Potatoes, York. Pudding, gravy & Broccoli Toffee whirl & custard Fresh Fruit & Vegetables	Pizza <i>or</i> Fish Fingers, Chips & Baked Beans Pudding of the day & juice 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 jacket potato with choice of fillings, wedges & mixed vegetables Chocolate or vanilla ice cream Fresh Fruit & Vegetables	Roast Chicken, roast Potatoes York. Pudding, gravy & sweetcorn Brownie & milk Fresh Fruit & Vegetables	Mince pie, mashed potatoes, carrots & crispy bread Cheesecake 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: 19 Sept, 10 October, 7 & 28 Nov, 19 Dec)

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	Chicken fajitas, rice & Sweetcorn Chocolate cake & chocolate custard / Yoghurt Fresh Fruit & Vegetables	Lasagne <i>or</i> mince & pasta, carrots & garlic bread Jelly & whip Fresh Fruit & Vegetables	Roast Sausages, roast Potatoes York. Pudding, gravy & peas Sticky toffee pudding & custard / 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: 05/09/22

Review by: K Smilgiene & C McGregor

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

Next review date: 09/01/23

