

# Withycombe Raleigh Primary School Lunch Menu

## WEEK 1

7/1, 28/1, 25/2, 18/3

## WEEK 2

14/1, 4/2, 4/3, 25/3




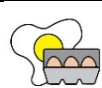
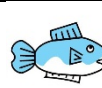





## WEEK 3

21/1, 11/2, 11/3, 1/4

Allergens	Monday	Allergens	Monday	Allergens	Monday
6	Chicken Korma & Rice	3, 6	Beef Bolognese & Pasta	3	Greek Meatballs in Sweet Pepper Sauce
3, 4, 6, 10	Frittata & Crusty Bread	6	Crispy Topped Vegetable & Bean Pie	1, 3, 6	Tomato & Mozzarella Pasta Bake
3	Ham Wrap	6	Jacket Potato, Cheese/Beans	6	Jacket Potato, Cheese/Beans
3	Fruity Flapjack	3, 4, 6	Chocolate Cake & Chocolate Sauce	3, 4, 6, 9	Pineapple Upside-Down Cake & Custard
	Tuesday		Tuesday		Tuesday
3, 8	Pork Sausage, Pasta, Beans	3, 6	Cheese & Tomato Pizza	1,3,4,6,8	Cottage Pie
3, 4, 6	Vegetable Cobbler	3, 6, 10	Cauliflower & Broccoli Bake & Crusty Roll	3, 6, 7	Macaroni Cheese
3, 6, 10	Cheese Roll	3, 4, 7	Ham Wrap	3	Chicken & Pasta Pots
3, 4, 6	Apple Cake & Custard	3, 6	Apple Crumble & Custard	3, 4, 6, 9	Carrot & Apricot Cake Custard
	Wednesday		Wednesday		Wednesday
1,3,4,6,8	Roast Chicken, Potatoes, Yorkshire, Gravy	1,3,4,6,8	Roast Gammon, Potatoes, Yorkshire, Gravy	1,3,4,6,8	Roast Turkey, Potatoes, Yorkshire, Gravy
1,3,4,6,8	Quorn Fillets, Potatoes, Yorkshire	1,3,4,6,8,9	Vegetarian Sausage, Potatoes, Yorkshire	1,3,4,6,8	Quorn Fillet, Potatoes, Yorkshire, Gravy
3,4,5,7,8,10	Tuna Sandwich	3,4,5,7,10	Tuna Mayonnaise Roll	3, 4, 7, 10	Egg Rolls
	Strawberry Jelly & Fruit Cocktail	3, 6, 8	Chocolate Mousse	6	Strawberry Mousse
	Thursday		Thursday		Thursday
1, 3, 6, 9	Beef Bourguignon & Rice	1,3,4,6,8	Lasagne	3, 8	Sausage Casserole & Pasta
3,4,6,9,10	Cheese & Tomato Pinwheels	3, 4	Sweet & Sour Quorn Balls & Rice	6	Veg, Chick Pea & Potato Curry & Rice
6	Jacket Potato with Cheese &/or Beans	4, 5, 6, 7	Jacket Potato Cheese/Tuna	3,4,5,6,7	Tuna Wrap
3, 4, 6	Choc-Fudge Pudding & Chocolate Sauce	6	Rice Pudding & Mixed Fruit	3, 4, 6	Date & Cocoa Brownie
	Friday		Friday		Friday
3, 5	Breaded Cod & Chips	3, 5	Salmon Fish Fingers & Chips	3, 5	Breaded Cod & Chips
3, 9	Vegetable Sausage & Chips	3, 4, 6	Vegetarian Burgers & Chips	3	Vegetable Nuggets & Chips
3, 6	Pasta, Ham/Cheese	3, 4, 8, 10	Egg Sandwich	3, 5, 6	Pasta with Tuna &/or Cheese
3	Lemon Shortbread & Orange Juice	3	Apple Flapjack & Orange Juice	3	Syrup & Sultana Cookies & Apple Juice

Main meal = red band
Vegetarian option = green band
'Cold' option = blue band

**! Key to Allergen Information. Note, we are a nut-free school so nuts are not part of this key !**  
 Please speak to the Kitchen Manager for more information or for any other dietary clarification. Sometimes an item may be avoided (eg gravy, or mayonnaise).

1.		2.		3.		4.		5.		6.		7.		8.		9.		10.	
	Celery		Crustaceans		Wheat		Egg		Fish		Milk		Mustard		Soya		Sulphur Dioxide		Sesame

Seasonal vegetables, salad bar and wholemeal bread (10) available daily. Fresh fruit and yoghurt (6) available as additional dessert options daily.