

Withycombe Raleigh Primary School Lunch Menu

WEEK 1

5/9, 10/9, 1/10, 29/10, 19/11, 10/12

WEEK 2










17/9, 8/10, 5/11, 26/11, 17/12

WEEK 3

24/9, 15/10, 12/11, 3/12

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

* For our first day back to school the menu will change slightly and we will swap Roast Turkey for Sausage Casserole *

Seasonal vegetables, self-service salad bar and wholemeal bread available daily. Fresh fruit and yoghurt available as additional dessert options daily.