

Withycombe Raleigh Primary School - Lunch Menu - Autumn 2019

WEEK 1

w/c: 2/9, 23/9, 14/10, 11/11, 2/12

WEEK 2

w/c: 9/9, 30/9, 28/10, 18/11, 9/12











WEEK 3

w/c: 16/9, 7/10, 4/11, 25/11, 16/12

Allergens	Monday	Allergens	Monday	Allergens	Monday
3	Pork Meatballs in Tomato Sauce, Rice	6	Chicken Korma & Rice	3, 8	BBQ Chicken & Rice
3, 6, 7	Macaroni Cheese	4, 6	Cheese & Tomato Pinwheels	1, 3, 6	Tomato, Basil & Mozzarella Penne Pasta
6	Jacket Potato, Cheese and/or Beans	3, 6	Pasta with Ham/Cheese	6	Jacket Potato, Cheese and/or Beans
-	Apricot Flapjack	3, 4, 6	Cherry & Sultana Cake & Custard	3, 4, 6	Date & Cocoa Brownie
	Tuesday		Tuesday		Tuesday
1, 3, 6	Lasagne	3, 5	Salmon Fish Fingers in Roll, Tomato Sauce	3, 4	Beef Burger in Roll with Tomato Sauce
6, 8	Vegetable Shepherd's Pie	6	Leek, Potato & Cheese Bake	3, 4, 8	Sweet & Sour Quorn Balls with Rice
3,4,5,6,7	Tuna Wrap	3, 6, 10	Cheese Roll	3, 5, 6	Pasta with Cheese or Tuna
3, 4, 6	Fruit Sponge & Custard	3, 6	Chocolate Shortbread, Choc Sauce	3, 4, 6	Cherry & Apple Crumble, Custard
	Wednesday		Wednesday		Wednesday
1,3,4,6,8	Roast Chicken, Potatoes, Yorkshire, Gravy	1,3,4,6,8	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	Quorn Fillets, Potatoes, Yorkshire	1,3,4,6,8	Quorn Fillets, Potatoes, Yorkshire
3, 4, 7, 10	Egg Rolls	3,6,7	Ham Wrap	3,4,5,7,10	Tuna Sandwich
-	Strawberry Mousse	-	Jelly & Fruit	3, 6, 8	Chocolate Mousse
	Thursday		Thursday		Thursday
3, 6	Cheese & Tomato Pizza	3, 6	Minced Beef Cobbler	3, 6	Beef Bolognese, Pasta
3	Roasted Vegetable & Pasta Bake	3, 6	Cheesy Spaghetti Bake	3, 6, 8	Quorn Mince Crumble
3, 6, 10	Ham Sandwich	6	Jacket Potato, Cheese and/or Beans	3,4,5,6,7	Tuna Wrap
3, 4, 6	Chocolate & Mandarin Cake, Choc Sauce	3, 4, 6	Apple & Pear Cake, Custard	3, 4, 6	Carrot Cake & Custard
	Friday		Friday		Friday
3, 5	Breaded Cod & Chips	8	Pork Sausages & Chips, Beans	3, 5	Breaded Cod & Chips, Beans
3, 4, 6	Vegetarian Burgers & Chips	3, 9	Veggie Sausages & Chips, Beans	3, 4, 6	Cheese, Onion & Tomato Quiche
3, 5, 6	Pasta with Cheese or Tuna	3, 10	Egg Sandwich	3, 4, 10	Egg Roll
3, 6	Sultana Flapjack	6	Oaty Chocolate Bar	6	Chocolate Cracknell

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.