

Class:











St Andrew's CE (VA) Infant School – School Menu Card - 2-week rota  
September 2023 – December 2023

Name:

ALL MENUS SUBJECT TO AVAILABILITY OF PRODUCE

Allergies or intolerances (please complete if necessary).....

**Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains – tick 1 (✓)	<b>Salmon Pasta Bake</b> Peas 	<b>Sausage &amp; Gravy</b> Mash Potato Cabbage & Carrots	<b>Roast Pork &amp; Gravy</b> Roast Potatoes Cauliflower & Broccoli	<b>Pepperoni Pizza</b> Potato Wedges Beans	<b>Fish Fingers</b> Chips Peas & Sweetcorn 
	<b>Tomato Pasta (V)</b> Peas	<b>Veggie Sausage &amp; Gravy</b> Mash Potato Cabbage & Carrots 	<b>Quorn Fillet &amp; Gravy (V)</b> Roast Potatoes Cauliflower & Broccoli	<b>Cheese &amp; Tomato Pizza (V)</b> Potato wedges Beans 	<b>Cheese &amp; Tomato Triangle (V)</b> Chips Peas & Sweetcorn
	Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad 	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad
tick 1 (✓)	<b>Flapjack</b> 	<b>Iced Sponge</b>	<b>Rice Pudding &amp; Jam</b>	<b>Vanilla Ice Cream</b>	<b>Orange Sponge &amp; Custard</b> 
	Fromage Frais	Fromage Frais 	Fromage Frais	Fromage Frais 	Fromage Frais
	Fruit	Fruit	Fruit 	Fruit	Fruit

***We WILL change your child's menu if they are not happy with their choice. Please contact the office if you have any queries.***

	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soy/soy	Milk/Dairy	Nuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphates (above 10mg/kg or 10mg/L)	Lupin	Molluscs
Salmon Pasta Bake & Peas	✓*			✓			✓*							
Tomato Pasta & Peas	✓*						✓*							
Cheese Sandwich	✓*						✓* DF cheese available							
Egg Sandwich	✓*		✓				✓*							
Tuna Sandwich	✓*		✓	✓			✓*							
Flapjack	✓													
Fromage Frais							✓*							
Sausage & Gravy, mash potato, cabbage & carrot														
Veggie Sausage & Gravy, mash potato, cabbage & carrot	✓					✓								
Ham Sandwich	✓*						✓*							
Iced Sponge	✓		✓											
Roast Pork, gravy, roast potatoes & cauliflower & broccoli														
Quorn fillet, gravy, roast potatoes & cauliflower & broccoli			✓											
Rice pudding & jam							✓							
Pepperoni pizza, potato wedges and beans	✓						✓*							
Cheese and tomato pizza, potato wedges and beans	✓						✓*							
Vanilla ice cream							✓*							
Fish fingers, chips and peas & sweetcorn	✓*		✓	✓										
Cheese & tomato triangle, chips and peas & sweetcorn	✓		✓				✓							
Orange sponge & custard	✓		✓				✓ DF without custard							

ALL FRUIT ON THE MENU IS FREE FROM THE ALLERGENS ABOVE

\* CAN BE MADE FREE FROM FOR THOSE WITH ALLERGIES

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**Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains – tick 1 (✓)	<b>Jacket Potato Day (V)</b> Filling options: Cheese (DF available) Tuna Coleslaw Beans Veggie Chilli 	<b>Spaghetti Bolognese</b> Garlic Bread Peas 	<b>Roast Beef &amp; Gravy</b> Yorkshire Pudding Roast Potatoes Medley of Vegetables 	<b>Ham Pizza</b> Wedges Sweetcorn 	<b>Salmon Fishcake</b> Mash Potato Broccoli & Peas 
	Children will pick their fillings on the day.	<b>Mac &amp; Cheese (V)</b> Garlic Bread Peas	<b>Veggie Burger (V)</b> Onion Gravy Roast Potatoes Medley of Vegetables	<b>Cheese &amp; Tomato Pizza (V)</b> Wedges Sweetcorn	<b>Cheese Wheel (V)</b> Mash Potato Broccoli & Peas
	Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad	Ham <u>OR</u> Egg (V) <u>OR</u> Tuna <u>OR</u> Cheese (V) Sandwich (please circle which option) and salad
tick 1 (✓)	<b>Chocolate Brownie</b>	<b>Oat Biscuit</b>	<b>Chocolate Sponge &amp; Chocolate Sauce</b> 	<b>Cornflake Bun</b>	<b>Banana Cake</b>
	<b>Fromage Frais</b>	<b>Fromage Frais</b> 	<b>Fromage Frais</b>	<b>Fromage Frais</b> 	<b>Fromage Frais</b>
	<b>Fruit</b> 	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b> 

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Jacket potato – cheese, tuna, coleslaw, beans, veggie chilli			✓ coleslaw & tuna	✓ tuna			✓* DF cheese available							
Cheese Sandwich	✓*						✓* DF cheese available							
Egg Sandwich	✓*		✓				✓*							
Tuna Sandwich	✓*		✓	✓			✓*							
Chocolate Brownie	✓		✓											
Fromage Frais							✓*							
Spaghetti Bolognese, garlic bread & peas	✓*													
Mac & Cheese, garlic bread & peas	✓*						✓							
Ham Sandwich	✓*						✓*							
Oat Biscuit			✓											
Roast Beef & gravy, Yorkshire pudding, roast potatoes & vegetables	✓* GF without YP		✓* EF without YP				✓* DF without YP							
Veggie burger, onion gravy, roast potatoes & vegetables	✓		✓* EF without YP			✓	✓* DF without YP							
Chocolate sponge & chocolate sauce	✓		✓				✓* DF without sauce							
Ham pizza, potato wedges and sweetcorn	✓						✓*							
Cheese and tomato pizza, potato wedges and sweetcorn	✓						✓*							
Cornflake bun	✓													
Salmon fishcake, mash potato, broccoli & peas	✓*		✓	✓										
Cheese wheel, mash potato, broccoli & peas	✓		✓				✓							
Banana cake	✓		✓											

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