

Class:

St Andrew's CE (VA) Infant School – School Menu Card - 3-week rota  
January 2026 – April 2026

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>Mild Chicken Tikka Masala</b><br>Rice, Peas & Naan<br> |   | <b>Sausage &amp; Mash (Ve option available)</b><br>Gravy & Peas   |   | <b>Gammon &amp; Gravy</b><br>Homemade Roast Potatoes & Mixed Vegetables<br> |   | <b>Ham Pizza</b><br>Chips, Sweetcorn & Coleslaw   |   | <b>Fish Fillet (Ve option available)</b><br>Chips Peas<br> |   |
|                    | <b>Tomato &amp; Basil Pasta (Ve)</b><br>Garlic Bread (V) & Peas  |   | <b>Vegetarian Chilli with Quorn Mince (V)</b><br>Rice & Peas<br> |   | <b>Vegan Sausage Roll (Ve)</b><br>Homemade Roast Potatoes & Mixed Vegetables   |   | <b>Cheese &amp; Tomato Pizza (V)</b><br>Chips Sweetcorn & Coleslaw<br> |   | <b>Veggie Nuggets (Ve)</b><br>Chips Peas  |   |
|                    | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle which option)                                    |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle which option)   |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle which option)  |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle which option)   |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle which option)                                       |   |
| tick 1 (✓)         | <b>Marble Cake &amp; Custard</b>   |   | <b>Oat Biscuit</b>  |   | <b>Rice Pudding &amp; Jam</b><br>   |   | <b>Jelly</b>  |   | <b>Chocolate Chip Cookie</b><br>                         |   |
|                    | <b>Fromage Frais</b>   |   | <b>Fromage Frais</b><br>                                       |   | <b>Fromage Frais</b>   |   | <b>Fromage Frais</b>  |   | <b>Fromage Frais</b>  |   |
|                    | <b>Fruit</b><br>  |   | <b>Fruit</b>  |   | <b>Fruit</b>   |   | <b>Fruit</b><br>   |   | <b>Fruit</b>  |   |

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

|  | Gluten             | Crustaceans | Eggs                | Fish | Peanuts | Soya/soy | Milk/Dairy              | Nuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphates (above 10mg/kg or 10mg/L) | Lupin | Molluscs |
|--|--------------------|-------------|---------------------|------|---------|----------|-------------------------|------|--------|---------|--------|---|-------|----------|
| Mild chicken tikka, rice, naan & peas                          | ✓* without naan    |             |                     |      |         |          | ✓                       |      |        |         |        |   |       |          |
| Tomato & Basil pasta, garlic bread & peas                      | ✓*                 |             |                     |      |         |          | ✓* without garlic bread |      |        |         |        |   |       |          |
| Ham sandwich   | ✓*                 |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Cheese sandwich  | ✓*                 |             |                     |      |         |          | ✓* DF cheese available  |      |        |         |        |   |       |          |
| Tuna sandwich  | ✓*                 |             | ✓                   | ✓    |         |          |                         |      |        |         |        |   |       |          |
| Egg sandwich   | ✓*                 |             | ✓                   |      |         |          |                         |      |        |         |        |   |       |          |
| Marble cake & custard  | ✓                  |             | ✓                   |      |         |          | ✓* DF without custard   |      |        |         |        |   |       |          |
| Fromage frais  |                    |             |                     |      |         | ✓ in DF  | ✓*                      |      |        |         |        |   |       |          |
| Sausage, mash, peas, & gravy                                   | ✓* meat<br>✓ vegan |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Vegetarian chilli with Quorn mince, rice & peas                | ✓*                 |             | ✓                   |      |         |          |                         |      |        |         |        |   |       |          |
| Oat Biscuit  | ✓                  |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Gammon & gravy, homemade roast potatoes & mixed vegetables     |                    |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Vegan sausage roll, homemade roast potatoes & mixed vegetables | ✓                  |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Rice Pudding & Jam   |                    |             |                     |      |         |          | ✓                       |      |        |         |        |   |       |          |
| Ham pizza, chips, sweetcorn & coleslaw                         | ✓*                 |             | ✓* without coleslaw |      |         |          | ✓*                      |      |        |         |        |   |       |          |
| Cheese & tomato pizza, chips, sweetcorn & coleslaw             | ✓*                 |             | ✓* without coleslaw |      |         |          | ✓*                      |      |        |         |        |   |       |          |
| Jelly (contains gelatine)                                      |                    |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Fish fillet, chips & peas                                      | ✓*                 |             |                     | ✓    |         |          |                         |      |        |         |        |   |       |          |
| Veggie nuggets, chips & peas                                   | ✓                  |             |                     |      |         |          |                         |      |        |         |        |   |       |          |
| Chocolate chip cookie  | ✓                  |             |                     |      |         | ✓        |                         |      |        |         |        |   |       |          |

ALL FRUIT ON THE MENU IS FREE FROM THE ALLERGENS ABOVE

\* CAN BE MADE FREE FROM FOR THOSE WITH ALLERGIES

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

**Week 2**

|                    | Monday ✓  | Tuesday ✓  | Wednesday ✓   | Thursday ✓  | Friday ✓  |
|--------------------|---|--|---|---|---|
| Mains – tick 1 (✓) | Penne Pasta in Tomato & Red Pepper Sauce (Ve)<br>Garlic Bread  | Spaghetti Bolognese<br>Garlic Bread<br>Peas  | Roast Chicken<br>Mash Potatoes<br>Carrots  | Pepperoni Pizza<br>Chips<br>Beans or Peas   | Chicken Goujons (Halal)<br>Chips <br>Beans |
|                    | Vegetable & Lentil Casserole (Ve)<br>Naan   | Cheese & Broccoli Pasta Bake (V)<br>Garlic Bread <br>Peas | Plant Based Fillet (Ve)<br>Mash Potatoes<br>Seasonal Veg & Gravy  | Cheese & Tomato Pizza (V)<br>Chips <br>Beans or Peas | Vegetable Burger (Ve option available)<br>Chips<br>Beans  |
|                    | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V) Sandwich (please circle which option) with salad sticks                          | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V) Sandwich (please circle which option) with salad sticks                     | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V) Sandwich (please circle which option) with salad sticks        | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V) Sandwich (please circle which option) with salad sticks                  | Ham <u>OR</u> Tuna <u>OR</u> Cheese (V) <u>OR</u> Egg Mayo (V) Sandwich (please circle which option) with salad sticks        |
| tick 1 (✓)         | Chocolate Sponge & Custard                                   | Flapjack   | Rainbow Cake  | Jelly    | Chocolate Crispie Bun   |
|                    | Fromage Frais   | Fromage Frais   | Fromage Frais   | Fromage Frais   | Fromage Frais                            |
|                    | Fruit   | Fruit  | Fruit                                    | Fruit   | Fruit   |

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|  | Gluten          | Crustaceans | Eggs | Fish | Peanuts | Soya/soy | Milk/Dairy              | Nuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphates (above 10mg/kg or 10mg/L) | Lupin | Molluscs |
|--|-----------------|-------------|------|------|---------|----------|-------------------------|------|--------|---------|--------|---|-------|----------|
| Penne pasta in tomato & red pepper sauce with garlic bread | ✓*              |             |      |      |         |          | ✓* without garlic bread |      |        |         |        |   |       |          |
| Vegetable & lentil casserole with naan                     | ✓* without naan |             |      |      |         | ✓        |                         |      |        |         |        |   |       |          |
| Ham sandwich   | ✓*              |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Cheese sandwich  | ✓*              |             |      |      |         |          | ✓* DF cheese available  |      |        |         |        |   |       |          |
| Tuna sandwich  | ✓*              |             | ✓    | ✓    |         |          |                         |      |        |         |        |   |       |          |
| Egg sandwich   | ✓*              |             | ✓    |      |         |          |                         |      |        |         |        |   |       |          |
| Chocolate cake & custard                                   | ✓               |             | ✓    |      |         |          | ✓* DF without custard   |      |        |         |        |   |       |          |
| Fromage frais  |                 |             |      |      |         | ✓ in DF  | ✓*                      |      |        |         |        |   |       |          |
| Spaghetti Bolognese, garlic bread & peas                   | ✓*              |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Cheese & broccoli pasta bake, garlic bread & peas          | ✓*              |             |      |      |         |          | ✓                       |      |        |         |        |   |       |          |
| Flapjack   | ✓               |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Roast chicken, mash potatoes & carrots                     |                 |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Quorn sausage, mash potatoes, seasonal vegetables & gravy  | ✓               |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Rainbow Cake   | ✓               |             | ✓    |      |         |          |                         |      |        |         |        |   |       |          |
| Pepperoni pizza, chips & beans or peas                     | ✓*              |             |      |      |         |          | ✓* DF cheese available  |      |        |         |        |   |       |          |
| Cheese & tomato pizza, chips & beans or peas               | ✓*              |             |      |      |         |          | ✓* DF cheese available  |      |        |         |        |   |       |          |
| Jelly (contains gelatine)                                  |                 |             |      |      |         |          |                         |      |        |         |        |   |       |          |
| Chicken goujons, chips & beans                             | ✓*              |             |      |      |         | ✓        |                         |      |        |         |        |   |       |          |
| Vegetable burger, chips & beans                            | ✓               |             |      |      |         | ✓        |                         |      |        |         |        |   |       |          |
| Chocolate crispie bun                                      | ✓               |             |      |      |         | ✓        | ✓                       |      |        |         |        |   |       |          |

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**Week 3**

|                    | Monday   | ✓ | Tuesday  | ✓ | Wednesday   | ✓ | Thursday   | ✓ | Friday  | ✓ |
|--------------------|--|---|--|---|---|---|--|---|---|---|
| Mains – tick 1 (✓) | Sweet & Sour Chicken<br>Rice & Peas<br> |   | Meatballs<br>Mash Potato, Onion<br>Gravy & Carrots   |   | Roast Pork & Gravy (Ve<br>option available)<br>Homemade Roast Potatoes<br>Mixed Vegetables & Gravy            |   | Pepperoni Pizza<br>Chips<br>Peas & Coleslaw<br> |   | Sliders<br>Chips<br>Sweetcorn & Coleslaw  |   |
|                    | Cheese & Onion<br>Shortcrust Pie (V) (Ve<br>available)<br>Beans  |   | Veggie Sausage (V)<br>Mash Potato, Onion<br>Gravy & Carrots<br> |   | Plant Based Meatballs (Ve)<br>Homemade Roast Potatoes<br>Mixed Vegetables & Gravy                             |   | Cheese and Tomato<br>Pizza (V)<br>Chips<br>Peas & Coleslaw   |   | Veggie Fingers (Ve)<br>Chips<br>Sweetcorn & Coleslaw<br> |   |
|                    | Ham <u>OR</u> Tuna <u>OR</u><br>Cheese (V) <u>OR</u> Egg Mayo<br>(V) Sandwich (please<br>circle which option)            |   | Ham <u>OR</u> Tuna <u>OR</u><br>Cheese (V) <u>OR</u> Egg Mayo<br>(V) Sandwich (please<br>circle which option)                                    |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese<br>(V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle<br>which option) |   | Ham <u>OR</u> Tuna <u>OR</u><br>Cheese (V) <u>OR</u> Egg Mayo<br>(V) Sandwich (please<br>circle which option)                      |   | Ham <u>OR</u> Tuna <u>OR</u> Cheese<br>(V) <u>OR</u> Egg Mayo (V)<br>Sandwich (please circle<br>which option)                               |   |
| tick 1 (✓)         | Rainbow Cake &<br>Custard  |   | Flapjack   |   | Banana Cake<br>          |   | Jelly  |   | Oat Biscuit   |   |
|                    | Fromage Frais  |   | Fromage Frais<br>   |   | Fromage Frais   |   | Fromage Frais  |   | Fromage Frais<br>                                      |   |
|                    | Fruit<br>                             |   | Fruit  |   | Fruit   |   | Fruit<br>                                     |   | Fruit   |   |

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|   | 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 |
|---|---------------------------|-------------|---------------------|------|---------|---------|------------------------|------|--------|---------|--------|---|-------|----------|
| Sweet & sour chicken, rice & peas                               |                           |             |                     |      |         |         |                        |      |        |         |        |   |       |          |
| Cheese & onion shortcrust pie & beans                           | ✓*                        |             |                     |      |         |         | ✓* DF cheese available |      |        |         |        |   |       |          |
| Ham sandwich  | ✓*                        |             |                     |      |         |         |                        |      |        |         |        |   |       |          |
| Cheese sandwich   | ✓*                        |             |                     |      |         |         | ✓* DF cheese available |      |        |         |        |   |       |          |
| Tuna sandwich   | ✓*                        |             | ✓                   | ✓    |         |         |                        |      |        |         |        |   |       |          |
| Egg sandwich  | ✓                         |             | ✓                   |      |         |         |                        |      |        |         |        |   |       |          |
| Rainbow cake & custard  | ✓                         |             | ✓                   |      |         |         | ✓* DF without custard  |      |        |         |        |   |       |          |
| Fromage frais   |                           |             |                     |      |         | ✓ in DF | ✓*                     |      |        |         |        |   |       |          |
| Meatballs, mash potato, onion gravy & carrots                   | ✓                         |             |                     |      |         | ✓       |                        |      |        |         |        | ✓   |       |          |
| Veggie sausage, mash potato & gravy                             | ✓                         |             |                     |      |         |         | ✓* DF cheese available |      |        |         |        |   |       |          |
| Flapjack  | ✓                         |             |                     |      |         |         |                        |      |        |         |        |   |       |          |
| Roast pork, homemade roast potatoes, mixed vegetables & gravy   |                           |             |                     |      |         |         |                        |      |        |         |        |   |       |          |
| Plant based meatballs, roast potatoes, mixed vegetables & gravy |                           |             |                     |      |         | ✓       |                        |      |        |         |        |   |       |          |
| Banana cake   | ✓                         |             | ✓                   |      |         |         |                        |      |        |         |        |   |       |          |
| Pepperoni pizza, chips, peas & coleslaw                         | ✓*                        |             | ✓* without coleslaw |      |         |         | ✓* DF cheese available |      |        |         |        |   |       |          |
| Cheese & tomato pizza, chips, peas & coleslaw                   | ✓*                        |             | ✓* without coleslaw |      |         |         | ✓* DF cheese available |      |        |         |        |   |       |          |
| Jelly   |                           |             |                     |      |         |         |                        |      |        |         |        |   |       |          |
| Sliders, chips, sweetcorn & coleslaw                            | ✓*                        |             | ✓* without coleslaw |      |         |         |                        |      |        |         |        |   |       |          |
| Veggie fingers, chips, sweetcorn & coleslaw                     | ✓                         |             | ✓* without coleslaw |      |         |         |                        |      |        |         |        |   |       |          |
| Oat Biscuit   | ✓                         |             |                     |      |         |         |                        |      |        |         |        |   |       |          |

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