

# Kingswode Hoe School Lunch Menu



**Week 1    14 Jan 19, 4 Feb 19, 4 Mar 19, 25 Mar 19**

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Mince  Veggie Sausage Casserole <span style="color: red;">G E</span>  Sweetcorn Salad  Rice  Autumn Spice cake <span style="color: red;">G E M</span>  & slice of orange	Pasta Day <span style="color: red;">G M</span>  Various Sauces & Toppings  Homemade Bread <span style="color: red;">G M</span>  Salad  Fresh Fruit Platter	Roast Chicken Yorkshire Pudding <span style="color: red;">G E M</span>  Gravy  Mediterranean Rice Patties <span style="color: blue;">M</span>  Pease & Sweetcorn Broccoli  Peach & Raspberry Muffins <span style="color: red;">G E M</span> NO BAGUETTES	Cottage Pie <span style="color: blue;">M</span>  Cheddar Whirls <span style="color: red;">G E M</span>  Green Beans Cabbage  Flapjack <span style="color: red;">G M</span>	Breaded Fish <span style="color: red;">F G</span>  Vegetable Nuggets <span style="color: red;">G</span>  Chips  Baked Beans Peas  Mandarin Jelly & Ice cream <span style="color: blue;">M</span>

G Gluten, M Milk, E Egg, F Fish,

**Key to allergens in menu items:**

Milk M  
 Fish F  
 Soya So  
 Gluten G  
 Sulphites S  
 Celery C  
 Egg E  
 Mustard Mu

**Please note:**

Any dietary requirements need to be given in writing.  
Meals can be adapted to suit dietary requirements.

Any questions relation to ingredients, please contact the school cook.

Fresh fruit, fruit yoghurts and salad available daily.      Filled baguettes available on request.  
Reduced fat milk available

# Kingswode Hoe School Lunch Menu



**Week 2    21 Jan 19, 11 Feb 19, 11 Mar 19, 1 Apr 19**

Monday	Tuesday	Wednesday	Thursday	Friday
All Day Breakfast Sausages Bacon Scrambled Egg <b>E</b>  Baked Beans Mini Waffles  Veggie Breakfast Two x Veggie Sausages Scrambled Egg <b>E</b> Baked Beans Mini Waffles  Marble Cake & Custard <b>G E M</b>	Chicken & Vegetable Cobbler <b>G M</b>  Welsh Layer <b>M MU</b>  New Potatoes Homemade Bread <b>G M</b>  Green Beans Broccoli  Rice Pudding <b>M</b>	Roast Pork Yorkshire Pudding Gravy <b>G E M</b>  Vegetable Quiche <b>M E G</b>  Roast Potatoes  Carrot & Peas Cabbage  Fruit Cookies <b>M G</b>  NO BAGUETTES	Jacket Potato Day  Beans & Cheese <b>M</b>  Tuna & Sweetcorn <b>F</b>  Salad  Arctic Roll <b>G E M</b>	Sausages <b>S</b>  Bean Burger <b>G</b>  Chips  Peas  Coleslaw <b>M</b>  Fruit Mousse <b>M</b>

**G Gluten, M Milk, E Egg, F Fish,**

Key to allergens in menu items:

Milk **M**  
 Fish **F**  
 Soya **So**  
 Gluten **G**  
 Sulphites **S**  
 Celery **C**  
 Egg **E**  
 Mustard **Mu**

Please note:

Any dietary requirements need to be given in writing.  
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 Reduced fat milk available

# Kingswode Hoe School Lunch Menu



**Week 3    7 Jan 19, 26 Jan 19, 25 Feb 19, 18 Mar 19**

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza Day <b>G M</b>  Cheese Tomato Pepperoni <b>M</b> Baked Beans  Salad  Fruit Crumble & Custard <b>G M</b>	Chicken Tikka  Vegetable Curry  Naan Bread <b>G M</b>  Rice  Peas  Winterberry Jelly & Cream <b>M</b>	Roast Gammon Yorkshire Pudding <b>G E M</b>  Frittata Boats <b>G E M</b>  Roast Potatoes Cauliflower Green Beans Carrots  Fruit Yogurt <b>M</b> NO BAGUETTES	Pasta Bolognaise <b>G</b>  Macaroni Cheese <b>G M MU</b>  Garlic Bread <b>G M</b>  Salad  Red Velvet Cake <b>G E M</b>	Fish Fingers <b>F G</b>  Omelette <b>E M</b>  Chips  Baked Beans Sweetcorn  Chocolate Crunch  <b>G E M</b>

**G Gluten, M Milk, E Egg, F Fish**

**Key to allergens in menu items:**

Milk            **M**  
 Fish             **F**  
 Soya            **So**  
 Gluten          **G**  
 Sulphites      **S**  
 Celery          **C**  
 Egg              **E**  
 Mustard        **Mu**

**Please note:**

Any dietary requirements need to be given in writing.  
Meals can be adapted to suit dietary requirements.

Any questions relation to ingredients, please contact the school cook.

Fresh fruit, fruit yoghurts and salad available daily.  
 Filled baguettes available on request.  
 Reduced fat milk available

