

## SAMPLE MENU

## By Completing & returning this form you are giving consent for us to share the information with our Caterer

£2.60 for a 2 course KS2 meal (cheques payable to Langford Budville School). Class 1 are entitled to free school meal. If you wish to cancel / be credited for a lunch please notify the school office by 9.30am

Meals are supplied by Dinky Meals Itd. Fruit/Salad/Vegetables and Meat from Local Producers where possible.

Please circle option 1,2 or 3 plus A, B or C. (V) suitable for vegetarians. \*Pk Lunch includes A & choice of Fruit or Yoghurt. Please contact the school for allergy information & special dietary requirements. Bread & drinking water available daily,

NAME:		CLASS/YEAR:		Amount Paid:		Cash	
						Cheque	
	-					Transfer	
					_		
Week (1)		Week (2)		Week (3)		Week (4)	
MONDAY		MONDAY		MONDAY		MONDAY	
Pork Sausage (1)	1	Pasta Bolognese (1)	1	Beef Potato Hash	1	Chicken Goujon (1,6,7)	1
Veg Sausage (v) (1)	2	Mixed Veg Bolognese (v) (1)	2	Vegetable Hash (v) (1,7)	2	Vegetarian Dipper (v) (1,3,7)	2
Jkt Potato & Beans	3	Jkt Potato & Cheese (7)	3	Jkt Potato & Tuna (4)	3	Jkt Potato & Beans	3
Potato Wedges & Beans		Steamed Vegetables		Steamed Peas		Wedges and Beans	
Strawberry Ice Smoothie	А	Choc Ice (1,6,7)	А	Orange & Mango Fruit Ice	А	Choc Ice Cream roll (1,3,6,7)	Α
Fresh Fruit (v)	В	Fresh Fruit (v)	В	Fresh Fruit (v)	В	Fresh Fruit (v)	В
Yoghurt (7)	С	Yoghurt (7)	С	Yoghurt (7)	С	Yoghurt (7)	С
TUEODAY	_	TUEODAY	_	TUEODAY	_	TUEODAY	
TUESDAY	_		_	TUESDAY	_		4
Roast Gammon Ham	1	Sliced Roast Turkey	1	Roast Gammon Ham	1	Sliced Roast Turkey	1
Pea and Mint Fritter (v) (6) Cheese S/wich Cue/Carrot (1 7)	2	Meat Free Roast (v) (3) Ham S/wich Cue/Carrot (1 7)	2 3	Pea and Mint Fritter (v) (6) Cheese S/wich Cue/Carrot (1 7)	2 3	Meat Free Roast (v) (3)	2
	3		3		3	Egg S/wich Cue/Carrot (3,10)	3
Roast Pots & Vegetables		Roast Pots & Vegetables		Roast Pots & Vegetables		Roast Pots & Vegetables	
Rberry IceCrm Roll (1,3,6,7)	A	Blueberry Muffin (1,3,6,7)	A	Chocolate Mousse (7)	A	White Choco Cookie (1,3,6,7)	A
Fresh Fruit (v)	B	Fresh Fruit (v)	В	Fresh Fruit (v)	В	Fresh Fruit (v)	В
Yoghurt (v) <mark>(7)</mark>	С	Yoghurt (7)	С	Yoghurt (7)	С	Yoghurt (7)	C
WEDNESDAY		WEDNESDAY		WEDNESDAY		WEDNESDAY	
Chicken Curry	1	Lasagne (1,7)	1	Sweet & Sour Sausages	1	Meatballs Tom Sauce (1,6)	1
Veg Curry (v)	2	Vegetable Lasagne (v) (1,7)	2	Sweet & Sour Quorn (v)	2	Vege Meatballs (v) (6)	2
Ham & Lettuce Wrap (1)	3	Turkey & Lettuce Wrap (1)	3	Cheese & Lettuce Wrap (1)	3	Chicken & Lettuce Wrap (1)	3
Steamed Rice		Steamed Vegetables		Steamed Rice		Steamed Rice	
Raspberry Mousse (7)	А	Apple Crumble IceCream (1,3,7)	А	Vanilla Ice Cream Pot (7)	А	Eves Pudding & Custard (1,3,7)	Α
Fresh Fruit (v)	В	Fresh Fruit (v)	В	Fresh Fruit (v)	В	Fresh Fruit (v)	В
Yoghurt (v) (7)	С	Yoghurt <mark>(7)</mark>	С	Yoghurt (7)	С	Yoghurt <mark>(7)</mark>	С
THURSDAY		THURSDAY		THURSDAY		THURSDAY	
Cottage Pie	1	Gammon Ham Slice	1	Chicken & Veg Pie	1	Sausage Casserole	1
	2	Roast Veg Nugget (v) (1)	2	Quorn & Veg Pie (v) (3)	2	Pea and Mint Fritter (v) (6)	2
					2	Tuna S/wich Cue/Carrot (1,7,4)	3
Quorn Mince Pie (v) (3) Ham S/wich Cue/Carrot (1 7)	2	Cheese S/wich Cue/Carrot(17)	3	Ham S/wich Cue/Carrot (1 /)	51		v
Ham S/wich Cue/Carrot (1 7)	3	Cheese S/wich Cue/Carrot(1 7) Roast Wedges & Peas	3	Ham S/wich Cue/Carrot (1 7) New Pots & Vegetables	3	Roast Potatoes & Vegetables	
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables	2 3 A	Roast Wedges & Peas		New Pots & Vegetables		Roast Potatoes & Vegetables Strawberry Mousse (7)	А
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7)	2 3 A B	Roast Wedges & Peas Banana Mousse (7)	А	New Pots & Vegetables Strawberry Jelly	A	Strawberry Mousse (7)	A B
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v)	2 3 A B C	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v)	A B	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v)		Strawberry Mousse (7) Fresh Fruit (v)	В
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7)	В	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7)	А	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7)	A B	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7)	
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) FRIDAY	В	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY	A B	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) FRIDAY	A B	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY	В
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) FRIDAY Salmon Fishcake (1,4)	В	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Breaded Fish Finger (1,4)	A B C	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) FRIDAY Cod Fishcake (1,4)	A B C	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4)	В
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) <b>FRIDAY</b> Salmon Fishcake (1,4) Vegetable Cake (v) (1)	В	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Breaded Fish Finger (1,4) Mini Vege Finger (v) (1)	A B C 1 2	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) FRIDAY Cod Fishcake (1,4) Vegetable Burger (v) (1)	A B C 1 2	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4) Vege Goujons (v) (1)	B C 1 2
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) <b>FRIDAY</b> Salmon Fishcake (1,4) Vegetable Cake (v) (1) Jkt Potato & Tuna &Swtcorn (4)	В	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) <b>FRIDAY</b> Breaded Fish Finger (1,4) Mini Vege Finger (v) (1) Jkt Potato & Beans	A B C	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) FRIDAY Cod Fishcake (1,4) Vegetable Burger (v) (1) Jkt Pot & Cheese (7)	A B C	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4) Vege Goujons (v) (1) Jkt Potato & Coleslaw & Cheese	B C 1 2
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) <b>FRIDAY</b> Salmon Fishcake (1,4) Vegetable Cake (v) (1) Jkt Potato & Tuna &Swtcorn (4) Chips & Peas	B C 1 2 3	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Breaded Fish Finger (1,4) Mini Vege Finger (v) (1) Jkt Potato & Beans Chips & Beans	A B C 1 2 3	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) <b>FRIDAY</b> Cod Fishcake (1,4) Vegetable Burger (v) (1) Jkt Pot & Cheese (7) Chips & Peas	A B C 1 2 3	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4) Vege Goujons (v) (1) Jkt Potato & Coleslaw & Cheese Chips & Peas	B C 1 2
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) FRIDAY Salmon Fishcake (1,4) Vegetable Cake (v) (1) Jkt Potato & Tuna &Swtcorn (4) Chips & Peas Marble Cake Slice (1,3,6,7)	B C 1 2 3 A	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Breaded Fish Finger (1,4) Mini Vege Finger (v) (1) Jkt Potato & Beans Chips & Beans Flapjack (1,3,6,7)	A B C 1 2 3 A	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) FRIDAY Cod Fishcake (1,4) Vegetable Burger (v) (1) Jkt Pot & Cheese (7) Chips & Peas Choc cake & Choc Sauce (1,3,7)	A B C 1 2 3 A	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4) Vege Goujons (v) (1) Jkt Potato & Coleslaw & Cheese Chips & Peas Blueberry Muffin (1,3,6,7)	B C 1 2
Ham S/wich Cue/Carrot (1 7) Steamed Vegetables Jelly & Fruit (7) Fresh Fruit (v) Yoghurt(7) FRIDAY Salmon Fishcake (1,4) Vegetable Cake (v) (1) Jkt Potato & Tuna &Swtcorn (4) Chips & Peas	B C 1 2 3	Roast Wedges & Peas Banana Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Breaded Fish Finger (1,4) Mini Vege Finger (v) (1) Jkt Potato & Beans Chips & Beans	A B C 1 2 3	New Pots & Vegetables Strawberry Jelly Fresh Fruit (v) Yoghurt (7) <b>FRIDAY</b> Cod Fishcake (1,4) Vegetable Burger (v) (1) Jkt Pot & Cheese (7) Chips & Peas	A B C 1 2 3	Strawberry Mousse (7) Fresh Fruit (v) Yoghurt (7) FRIDAY Crispy Mini Fillet (1,4) Vege Goujons (v) (1) Jkt Potato & Coleslaw & Cheese Chips & Peas	B C 1 2

## ALLERGENS IN FOOD

- 1. Cereals (gluton)
- 2. Crustaceans
- 3. Eggs
- 4. Fish
- 5. Peanuts (ground nuts)
- 6. Soyabeans (soya)
- 7. Milk
- 8. Nuts
- 9. Celery
- 10. Mustard
- 11. Sesame Seeds
- 12. Sulphur Dioxide
- 13. Lupin
- 14. Molluscs