

Long Sutton Primary School - Lunch Menu - 6th Sept to 18th Oct

Week 1 - 6th Sept	Monday INSET DAY	Tuesday	Wednesday	Thursday	Friday
Main Course		Chicken Roast	Beef Lasagne & Garlic Bread	Chicken Tikka & Sweet Potato Curry & Rice	Fish Cake Mash & Beans
Allergens		None	Gluten Milk	Milk	Fish Milk Gluten
Vegetarian Course - Choice 2		Quorn Roast Stuffing & Gravy	Vegetable Lasagne & garlic Bread	Sweet Potato & Chick Pea Curry	Veggie Nuggets Mash & Beans
Allergens		Egg	Milk Gluten	None	Gluten Milk
Deli Selection		Tuna Melt Panini	Jacket & Beans	Cheese & Ham Panini	Jacket & Tuna Mayo
Allergens		Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
Vegetables of the Day		Carrots & Peas	Lettuce Tomato Cucumber & Peppers	Broccoli	Carrot Batons
Dessert Main 1		Orange Frozen Smoothie	Banana & Custard	Jelly Fruit Cocktail & Ice Cream	Flapjack
Allergens		None	Milk Egg Gluten	Milk	Milk Gluten
Fruit		Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 2 - 13th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Goujons & Croquettes	Roast Beef & Yorkshire pudding	Chicken Bacon Mozzarella Pasta	Mild Chilli Beef Tortilla Pie & Rice	Salmon Fingers & Smiley Faces
Allergens	Gluten Milk Egg	Milk Gluten Egg	Gluten Milk Sulphates	Gluten	Gluten Fish Egg
Main Course Veg 2	Vegetable Fingers	Cauliflower Cheese Bake	Feta & Pepper Pasta	Bean Chilli & Rice	Cheese & Onion lattice
Allergens	Gluten	Milk Gluten	Gluten Milk	None	Gluten Milk
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Mac n Cheese	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
Vegetables of the Day	Peas	Broccoli & Carrots	Lettuce Tomato Cucumber Peppers	Corn on the Cob	Peas or Beans
Dessert Main 1	Toffee Sponge & Custard	Fruit Yoghurt	Ice Cream Roll & Berry Compote	Peaches & Cream	Cookie
Allergens	Gluten Milk Egg	Milk	Milk Gluten Egg	Milk	Gluten Milk
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 3 - 20th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Sausage Mash & Gravy	Roasted Turkey & Roast potatoes	Meatballs in Tomato Sauce & Rice	Cheese & Ham Macaroni	Fish & Chips
Allergens	Gluten Milk	None	Gluten Milk	Gluten Milk Sulphates	Fish Gluten Egg
Main Course Veg 2	Vegetable Pasty	Broccoli & Potato Bake	Veggie Balls in Tomato Sauce & Rice	Cheese Omelette & Salad	Veggie Fingers & Chips
Allergens	Gluten Milk	Milk	Soya	Milk Egg	Gluten Egg
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Cheese & Ham Panini	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Mustard Egg	Gluten Milk Mustard Egg Fish
<u>Vegetables of the Day</u>	Peas	Carrots & Cabbage	Sweetcorn	Lettuce Tomato Cucumber & Peppers	Peas or Spaghetti Hoops
Dessert Main 1	Lemon Drizzle Sponge & Ice Cream	Fruit Cocktail & Yoghurt	Chocolate Mousse Sponge Slice	Fruit Crumble & Custard	Jam Doughnut
Allergens	Gluten Milk Eggs	Milk	Milk Gluten	Gluten Milk Eggs	Gluten Milk Eggs
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 4 - 27th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course - Choice 1	Pizza Ham & Pineapple	Chicken Roast	Beef Lasagne & Garlic Bread	Chicken Tikka & Sweet Potato Curry & Rice	Fish Cake Mash & Beans
Allergens	Gluten Milk Sulphates	None	Gluten Milk	Milk	Fish Milk Gluten
Vegetarian Course - Choice 2	Pizza Cheese & Tomato	Quorn Roast Stuffing & Gravy	Vegetable Lasagne & garlic Bread	Sweet Potato & Chick Pea Curry	Veggie Nuggets Mash & Beans
Allergens	Gluten Milk	Egg	Milk Gluten	None	Gluten Milk
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Cheese & Ham Panini	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
<u>Vegetables of the Day</u>	Homemade chunky Coleslaw	Carrots & Peas	Lettuce Tomato Cucumber & Peppers	Broccoli	Carrot Batons
Dessert Main 1	Carrot Cake & Cream Cheese Frosting	Orange Frozen Smoothie	Banana & Custard	Jelly Fruit Cocktail & Ice Cream	Flapjack
Allergens	Gluten Milk Egg	None	Milk Egg Gluten	Milk	Milk Gluten
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 5 - 4th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Goujons & Croquettes	Roast Beef & Yorkshire pudding	Chicken Bacon Mozzarella Pasta	Mild Chilli Beef Tortilla Pie & Rice	Salmon Fingers & Smiley Faces
Allergens	Gluten Milk Egg	Milk Gluten Egg	Gluten Milk Sulphates	Gluten	Gluten Fish Egg
Main Course Veg 2	Vegetable Fingers	Cauliflower Cheese Bake	Feta & Pepper Pasta	Bean Chilli & Rice	Cheese & Onion lattice
Allergens	Gluten	Milk Gluten	Gluten Milk	None	Gluten Milk
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Mac n Cheese	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
Vegetables of the Day	Peas	Broccoli & Carrots	Lettuce Tomato Cucumber Peppers	Corn on the Cob	Peas or Beans
Dessert Main 1	Toffee Sponge & Custard	Fruit Yoghurt	Ice Cream Roll & Berry Compote	Peaches & Cream	Cookie
Allergens	Gluten Milk Egg	Milk	Milk Gluten Egg	Milk	Gluten Milk
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 6 - 11th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Sausage Mash & Gravy	Roasted Turkey & Roast potatoes	Meatballs in Tomato Sauce & Rice	Cheese & Ham Macaroni	Fish & Chips
Allergens	Gluten Milk	None	Gluten Milk	Gluten Milk Sulphates	Fish Gluten Egg
Main Course Veg 2	Vegetable Pasty	Broccoli & Potato Bake	Veggie Balls in Tomato Sauce & Rice	Cheese Omelette & Salad	Veggie Fingers & Chips
Allergens	Gluten Milk	Milk	Soya	Milk Egg	Gluten Egg
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Cheese & Ham Panini	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
Vegetables of the Day	Peas	Carrots & Cabbage	Sweetcorn	Lettuce Tomato Cucumber & Peppers	Peas or Spaghetti Hoops
Dessert Main 1	Lemon Drizzle Sponge & Ice Cream	Fruit Cocktail & Yoghurt	Chocolate Mousse Sponge Slice	Fruit Crumble & Custard	Jam Doughnut
Allergens	Gluten Milk Eggs	Milk	Milk Gluten	Gluten Milk Eggs	Gluten Milk Eggs
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Week 7- 18th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pizza Ham & Pineapple	Chicken Roast	Beef Lasagne & Garlic Bread	Chicken Tikka & Sweet Potato Curry & Rice	Fish Cake Mash & Beans
Allergens	Gluten Milk Sulphates	None	Gluten Milk	Milk	Fish Milk Gluten
Vegetarian Course - Choice 2	Pizza Cheese & Tomato	Quorn Roast Stuffing & Gravy	Vegetable Lasagne & garlic Bread	Sweet Potato & Chick Pea Curry	Veggie Nuggets Mash & Beans
Allergens	Gluten Milk	Egg	Milk Gluten	None	Gluten Milk
Deli Selection	JP & Cheese	Tuna Melt Panini	Jacket & Beans	Cheese & Ham Panini	Jacket & Tuna Mayo
Allergens	Gluten Sulphates Milk	Fish Egg Mustard Gluten Milk	Gluten	Gluten Sulphates Fish Mustard Egg	Gluten Milk Mustard Egg Fish
<u>Vegetables of the Day</u>	Homemade chunky Coleslaw	Carrots & Peas	Lettuce Tomato Cucumber & Peppers	Broccoli	Carrot Batons
Dessert Main 1	Carrot Cake & Cream Cheese Frosting	Orange Frozen Smoothie	Banana & Custard	Jelly Fruit Cocktail & Ice Cream	Flapjack
Allergens	Gluten Milk Egg	None	Milk Egg Gluten	Milk	Milk Gluten
Fruit	Piece of Fruit	Pineapple	Orange Wedges	Melon Wedges	Fruit Salad

Childs name :
Class :

Reception - Year 2 meals are free
Year 3 - Year 6 Amount enclosed :
£2.50 per meal (not fsm)

Vegan options are available

Toybox amount enclosed :
£2.20 per meal

Please advise whether your child has any allergies that we need to be aware of :