

Long Sutton Primary School - Lunch Menu - 4th September to 20th October

4th Sept	Monday - INSET DAY	Tuesday	Wednesday	Thursday	Friday
Main Course 1		Roast Turkey Dinner	Chicken Pasta	Sausage Mash & Gravy	Fish & Chips
Allergens		None	Milk Gluten	Milk	Gluten Fish
Main Course Veg 2		Cauliflower Cheese Bake	Tomato & Pesto Pasta	Vegan Sausage & Mash	Cheese & Onion Lattice & Chips
Allergens		Milk Egg	Gluten Milk	Soya	Gluten Milk Egg
Lighter Option		Tomato & Veg Pasta	Ham Salad Baguette	Cheese & Ham Panini	Sausage & Egg Mayo Wrap
Allergens		Gluten Celery	Sulphates Gluten Milk	Gluten Milk	Gluten Egg Mustard
Vegan		Tomato & Veg Pasta GF	Vegan Cheese Baguette	Vegan Sausage & Mash	Falafel & Hummus Wrap
Dairy Free		Roast Turkey Dinner	Ham Salad Baguette	Sausage Mash Gravy	Free Fish & Chips
Gluten Free		Roast Turkey Dinner	Ham Salad Sandwich	Gluten Free Sausage Mash	Free Fish & Chips
Vegetables of the Day		Mixed Vegetables	Salad	Spring Greens	Peas
Dessert Main 1		Fruit Yoghurt	Peaches & Ice Cream	Arctic Roll	Fruit Cookie
Allergens		Milk	Milk	Soya Milk Gluten	Gluten Soya Milk Egg
Fruit Choice		Banana	Orange Wedges	Melon Wedges	Fruit Salad
Allergens		None	None	None	None
Yoghurt Choice- Milk or plant based		Yoghurt	Yoghurt	Yoghurt	Yoghurt

11th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Sausage Roll Mash & Beans	Pasta Bolognaise	Fish Finger & Alpha Bites
Allergens	None	None	Milk Gluten	Gluten	Fish Gluten
Main Course Veg 2	Bean Chilli & Rice	Vegan Chicken	Cheesy Tomato Pasta & Salad	Quorn Bolognaise	Veggie Fingers & Alpha Bites
Allergens	None	None	Gluten Milk	Gluten Soya	Gluten
Lighter Option	Coronation Chicken Wrap	Tuna Melt Panini	Jacket Potato Tuna & Sweetcorn	Cheese & Ham Panini	Cheese Salad Baguette
Allergens	Gluten Egg Mustard	Fish Egg Mustard Gluten Milk	Egg Mustard Fish	Gluten Milk	Gluten Milk
Vegan	Bean Chilli & Rice	Vegan Chicken	Jacket Potato Beans & Cheese	Veggie Balls in Sauce & Pasta GF	Pea Fitters ALPHA Bites Peas GF
Dairy Free	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Vegan Sausage Roll Mash Beans	Veggie Balls in Sauce & Pasta	Fish Fingers & Alpha Bites
Gluten Free	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Jacket Potato Beans & Cheese	Meatballs in Sauce & GF Pasta	Fish Fingers & Alpha Bites
Vegetables of the Day	Sweetcorn	Carrots & Cabbage	Baked Beans	Broccoli	Peas
Dessert Main 1	Lemon Sponge & Custard	Fruit Yoghurt	Pears & Chocolate Mousse	Carrot Cake	Ice Cream Pot
Allergens	Gluten Milk Eggs Soya	Milk	Milk	Milk Gluten Soya Egg	Milk
Fruit Choice	Apples	Banana	Orange Wedges	Melon Wedges	Fruit Salad
Allergens	None	None	None	None	None
Yoghurt Choice - Milk or Plant Based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

18th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course - Choice 1	Pizza Ham & Pineapple	Roast Pork	Beef Lasagne & Garlic Bread	Chicken Tikka & Rice	Salmon Fish Cake & Potato Rosti's
Allergens	Gluten Milk Sulphates	None	Gluten Milk	Mustard MILK	Fish & Gluten
Vegetarian Course - Choice 2	Pizza Cheese & Tomato	Vegetable Pasty	Broccoli & Feta Frittata & Garlic Bread	Jacket Potato Cheese & Beans	Sweet Potato Curry & Rice
Allergens	Gluten Milk	Milk Gluten Celery	Egg Milk	Milk	Mustard
Lighter Choice	Jacket Potato Cheese & Beans	Tuan & Salmon Tomato Pasta	Cheese Salad Wrap	Cheese & Ham Panini	Chicken Salad Baguette
Allergens	Milk	Gluten Milk	Gluten Milk	Gluten Milk	Gluten Milk
Vegan	Jacket Potato with Vegan Cheese & Beans GF	Vegan Chicken	Vegan Cheese Salad Wrap GF	Jacket Potato Vegan Cheese & Beans	Roast Veg & Hummus Baguette
Dairy Free	Jacket Potato Vegan Cheese & Beans	Roast Pork	Vegan Cheese Salad Wrap	Ham & Tomato Panini	Free Fish Fingers Potato Rosti's Peas
Gluten Free	Jacket Potato Cheese & Beans	Roast Pork	Cheese Salad Wrap	Mild Chicken Curry	Free Fish Fingers Potato Rosti's Peas
Vegetables of the Day	Corn on the Cob	Carrots & Peas	Green Salad	Broccoli	Spaghetti Hoops - Gluten
Dessert Main 1	Chocolate Sponge & Custard	Fruit Yoghurts	Fruit Jelly & Ice Cream	Fruit Crumble & Custard	Flapjack
Allergens	Gluten Milk Egg Soya	Milk	milk	Milk Gluten	Milk Gluten
Fruit Choice	Apples	Pineapple	Sutsuma	Melon Wedges	Banana
Allergens	None	None	None	None	None
Yoghurt Choice - Milk or Plant Based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

25th Sept	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Goujons & Alpha Bites	Roast Turkey Dinner	Chicken Pasta	Sausage Mash & Gravy	Fish & Chips
Allergens	Gluten Soya	None	Milk Gluten	Milk	Gluten Fish
Main Course Veg 2	Chicken Free Dippers	Cauliflower Cheese Bake	Tomato & Pesto Pasta	Vegan Sausage & Mash	Cheese & Onion Lattice & Chips
Allergens	Gluten	Milk Egg	Gluten Milk	Soya	Gluten Milk Egg
Lighter Option	Jacket Potato with Tuna & Sweetcorn Mayo	Tomato & Veg Pasta	Ham Salad Baguette	Cheese & Ham Panini	Sausage & Egg Mayo Wrap
Allergens	Mustard Egg Fish	Gluten Celery	Sulphates Gluten Milk	Gluten Milk	Gluten Egg Mustard
Vegan	Chicken Free Dippers - GF	Tomato & Veg Pasta GF	Vegan Cheese Baguette	Vegan Sausage & Mash	Falafel & Hummus Wrap
Dairy Free	Free From Chicken	Roast Turkey Dinner	Ham Salad Baguette	Sausage Mash Gravy	Free Fish & Chips
Gluten Free	Free From Chicken	Roast Turkey Dinner	Ham Salad Sandwich	Gluten Free Sausage Mash	Free Fish & Chips
Vegetables of the Day	Sweetcorn	Mixed Vegetables	Salad	Spring Greens	Peas
Dessert Main 1	Raspberry & Coconut Sponge & Custard	Fruit Yoghurt	Peaches & Ice Cream	Arctic Roll	Fruit Cookie
Allergens	Gluten Milk Egg Soya	Milk	Milk	Soya Milk Gluten	Gluten Soya Milk Egg
Fruit Choice	Apple	Banana	Orange Wedges	Melon Wedges	Fruit Salad
Allergens	None	None	None	None	None
Yoghurt Choice- Milk or plant based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

2nd October	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Sausage Roll Mash & Beans	Pasta Bolognaise	Fish Finger & Alpha Bites
Allergens	None	None	Milk Gluten	Gluten	Fish Gluten
Main Course Veg 2	Bean Chilli & Rice	Vegan Chicken	Cheesy Tomato Pasta & Salad	Quorn Bolognaise	Veggie Fingers & Alpha Bites
Allergens	None	None	Gluten Milk	Gluten Soya	Gluten
Lighter Option	Coronation Chicken Wrap	Tuna Melt Panini	Jacket Potato Tuna & Sweetcorn	Cheese & Ham Panini	Cheese Salad Baguette
Allergens	Gluten Egg Mustard	Fish Egg Mustard Gluten Milk	Egg Mustard Fish	Gluten Milk	Gluten Milk
Vegan	Bean Chilli & Rice	Vegan Chicken	Jacket Potato Beans & Cheese	Veggie Balls in Sauce & Pasta GF	Pea Fitters ALPHA Bites Peas GF
Dairy Free	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Vegan Sausage Roll Mash Beans	Veggie Balls in Sauce & Pasta	Fish Fingers & Alpha Bites
Gluten Free	Mild Chilli Rice and Nachos	Roast Chicken & New Potatoes	Jacket Potato Beans & Cheese	Meatballs in Sauce & GF Pasta	Fish Fingers & Alpha Bites
Vegetables of the Day	Sweetcorn	Carrots & Cabbage	Baked Beans	Broccoli	Peas
Dessert Main 1	Lemon Sponge & Custard	Fruit Yoghurt	Pears & Chocolate Mousse	Carrot Cake	Ice Cream Pot
Allergens	Gluten Milk Eggs Soya	Milk	Milk	Milk Gluten Soya Egg	Milk
Fruit Choice	Apples	Banana	Orange Wedges	Melon Wedges	Fruit Salad
Allergens	None	None	None	None	None
Yoghurt Choice - Milk or Plant Based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

9th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course - Choice 1	Pizza Ham & Pineapple	Roast Pork	Beef Lasagne & Garlic Bread	Chicken Tikka & Rice	Salmon Fish Cake & Potato Rosti's
Allergens	Gluten Milk Sulphates	None	Gluten Milk	Mustard MILK	Fish & Gluten
Vegetarian Course - Choice 2	Pizza Cheese & Tomato	Vegetable Pasty	Broccoli & Feta Frittata & Garlic Bread	Jacket Potato Cheese & Beans	Sweet Potato Curry & Rice
Allergens	Gluten Milk	Milk Gluten Celery	Egg Milk	Milk	Mustard
Lighter Choice	Jacket Potato Cheese & Beans	Tuan & Salmon Tomato Pasta	Cheese Salad Wrap	Cheese & Ham Panini	Chicken Salad Baguette
Allergens	Milk	Gluten Milk	Gluten Milk	Gluten Milk	Gluten Milk
Vegan	Jacket Potato with Vegan Cheese & Beans GF	Vegan Chicken	Vegan Cheese Salad Wrap GF	Jacket Potato Vegan Cheese & Beans	Roast Veg & Hummus Baguette
Dairy Free	Jacket Potato Vegan Cheese & Beans	Roast Pork	Vegan Cheese Salad Wrap	Ham & Tomato Panini	Free Fish Fingers Potato Rosti's Peas
Gluten Free	Jacket Potato Cheese & Beans	Roast Pork	Cheese Salad Wrap	Mild Chicken Curry	Free Fish Fingers Potato Rosti's Peas
Vegetables of the Day	Corn ob Cob	Carrots & Peas	Green Salad	Broccoli	Spaghetti Hoops - Gluten
Dessert Main 1	Chocolate Sponge & Custard	Fruit Yoghurts	Fruit Jelly & Ice Cream	Fruit Crumble & Custard	Flapjack
Allergens	Gluten Milk Egg Soya	Milk	milk	Milk Gluten	Milk Gluten
Fruit Choice	Apples	Pineapple	Sutsuma	Melon Wedges	Banana
Allergens	None	None	None	None	None
Yoghurt Choice - Milk or Plant Based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

16th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Chicken Goujons & Alpha Bites	Roast Turkey Dinner	Chicken Pasta	Sausage Mash & Gravy	Fish & Chips
Allergens	Gluten Soya	None	Milk Gluten	Milk	Gluten Fish
Main Course Veg 2	Chicken Free Dippers	Cauliflower Cheese Bake	Tomato & Pesto Pasta	Vegan Sausage & Mash	Cheese & Onion Lattice & Chips
Allergens	Gluten	Milk Egg	Gluten Milk	Soya	Gluten Milk Egg
Lighter Option	Jacket Potato with Tuna & Sweetcorn Mayo	Tomato & Veg Pasta	Ham Salad Baguette	Cheese & Ham Panini	Sausage & Egg Mayo Wrap
Allergens	Mustard Egg Fish	Gluten Celery	Sulphates Gluten Milk	Gluten Milk	Gluten Egg Mustard
Vegan	Chicken Free Dippers - GF	Tomato & Veg Pasta GF	Vegan Cheese Baguette	Vegan Sausage & Mash	Falafel & Hummus Wrap
Dairy Free	Free From Chicken	Roast Turkey Dinner	Ham Salad Baguette	Sausage Mash Gravy	Free Fish & Chips
Gluten Free	Free From Chicken	Roast Turkey Dinner	Ham Salad Sandwich	Gluten Free Sausage Mash	Free Fish & Chips
Vegetables of the Day	Sweetcorn	Mixed Vegeables	Salad	Spring Greens	Peas
Dessert Main 1	Raspberry & Cocoanut Sponge & Custard	Fruit Yoghurt	Peaches & Ice Cream	Arctic Roll	Fruit Cookie
Allergens	Gluten Milk Egg Soya	Milk	Milk	Soya Milk Gluten	Gluten Soya Milk Egg
Fruit Choice	Apple	Banana	Orange Wedges	Melon Wedges	Fruit Salad
Allergens	None	None	None	None	None
Yoghurt Choice- Milk or plant based	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

Childs name :

Class :

Reception - Year 2 meals are free

Year 3 - Year 6 Amount enclosed :

£2.70 per meal (not fsm)

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

Toybox amount enclosed :

£2.50 per meal