|  |  |
| --- | --- |
| Celery CeleryCereals containing gluten Cereals containing glutenCrustaceans CrustaceansEggs EggsFish FishLupin Lupin | Milk MilkMollusc MolluscMustard MustardSoya SoyaSesame seeds Sesame seedsSulphur Dioxide Sulphur DioxideC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp Vegetarian |

Name: ………………………………………………………………………………………….

Class:……………………………

My child has the following dietary needs:

Vegetarian No Pork No Beef

Any other needs or allergies that we should be aware of:

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

Please indicate inside your choice of main course for each day of the week for all 3 weeks. There will be a selection of potatoes and vegetables available for each day, along with the salad bar.

A selection of fresh fruit and desserts will also be available.

Please see all allergen information noted below.

**(V) Indicates Vegetarian Option**

|  |
| --- |
| **WEEK ONE** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Meat Free) | Tuesday | Wednesday | Thursday | Friday |
| Main Course 1 | Homemade Cheese & Tomato Basil Pasta Bake and Garlic Bread MilkSoyaC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmpCereals containing gluten(V) | Homemade Mini Pork Meatball Cheese & Tomato Pizza on Wholemeal Base | SoyaCereals containing glutenRoast Breast of Chicken with Seasoning & a Rich Gluten Free Gravy | Chicken SausageServed in a Hot Dog RollSulphur DioxideCereals containing gluten | Battered Fillet of FishFishCereals containing gluten |
| Main Course 2 | Homemade Vegan Sausage with a Rich Tomato and Bean Gravy CasseroleCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) | MilkHomemade Cheese & Tomato Pizza on a Wholemeal BaseC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmpCereals containing gluten(V) | C:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmpQuorn Fillet with Seasoning and a Rich Vegetarian GravySoya(V) | Quorn Tikka Masala with Naan BreadCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) | Vegetable Frittata a mixture of grated Potato, Vegetable & Egg baked in the ovenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) |
| Main Course 3 | C:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmpVegetable & Cheese Crunchy Crumb BakeMilkCereals containing gluten (V) | Jacket Potato served with Cheese and/or Baked Beans(V)Milk | BreadedSalmon nuggetsCereals containing gluten | Jacket Potato served with Cheese and/or ColeslawC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) | Ham salad WrapCereals containing gluten |

|  |
| --- |
| **WEEK TWO** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Meat Free) | Tuesday | Wednesday | Thursday | Friday |
| Main Course 1 | Homemade cheese &tomato Pizza on Wholemeal BaseMilkCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp (V) | Homemade Chicken Meatball Tangine | Cereals containing glutenRoast Breast of Chicken with Seasoning & a Rich Gluten Free GravySoya | Chicken & Vegetable Korma served with Naan BreadMilkCereals containing gluten | Cereals containing glutenJumbo Fish Finger |
| Main Course 2 | Vegan Nuggets in Tempura BatterCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) | Homemade Vegetable Moussaka(V)MilkCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp | Quorn Fillet with Seasoning and a Rich Vegetarian Gravy(V) | Cheese & Onion Pasty(V)MilkCereals containing gluten | Vegetable Fingers(V)Cereals containing gluten |
| Main Course 3 | Homemade Cheese & Potato PieMilkCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) |  Jacket Potato with Coleslaw and/or Tuna Mayo | Onion Bhaji, with Mango Chutney(V) | Jacket Potato served with Cheese and/or Baked BeansMilk(V) | Pitta Bread filled with Cheese served with SaladMilkCereals containing gluten(V) |

|  |
| --- |
| **WEEK THREE** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday (Meat Free) | Tuesday | Wednesday | Thursday | Friday |
| Main Course 1 | Homemade cheese &tomato Pizza on Wholemeal BaseMilkCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp (V) | Homemade Beef Bolognaise served with Spaghetti and Garlic Bread | Roast Breast of Chicken with Seasoning & a Rich Gluten Free GravySoyaCereals containing gluten | MilkCereals containing glutenPork Sausages served in a Yorkshire Pudding | Cereals containing glutenBattered Fillet Fish |
| Main Course 2 | Homemade Vegetable Bolognaise served with Spaghetti and Garlic BreadC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmpCereals containing gluten (V)  | Homemade Macaroni Cheese served with Homemade Crusty Bread(V) | Homemade Vegetarian Pie in Rich Vegetable Gravy encased in Puff Pastry(V) | Vegetable Samosa served with Mint Yogurt Dip(V) | Cheese and Bean Quesadilla(V)MilkCereals containing gluten |
| Main Course 3 | Vegan Sausage RollCereals containing glutenC:\Users\laura\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\501C90FE.tmp(V) | Jacket Potato with Cheese and/or Tuna Mayo | Chicken Sausages | Jacket Potato served with Cheese and/or Baked Beans(V) | Cereals containing glutenMilkChicken Tikka Wrap |



Should your child wish to change any choices made on their menu throughout the year, they are welcome to come to into the school office or please feel free to contact us on their behalf.

Tel: 02476 613932

Email: info@wykencroft.coventry.sch.uk