

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 18th Sept - Mon 9th Oct - Mon 6th Nov - Mon 27th Nov - Mon 18th Dec



Main Dish of the Day

Vegetarian Dish of the Day

Vegetable Choice

Dessert of the Day

Jacket Potato Bar

Cold Selection

Monday

Tuesday

Wednesday

Thursday

Friday

BBQ Jerk Chicken

Beef Lasagne
(E*, G, MK)

Roast Gammon
& Gravy

Sweet and Sour
Chicken
(CE)

Fish Fingers & Chips
(F, G)

Jerk Vegetable Curry
(CE, G*)

Mac & Cheese
(G, MK)

Vegetable Parcel
(G)

Vegetable Chow Mein
(CE*, E, G, MU, SO)

Cheesy Calzone &
Chips
(G, MK)

Rice & Peas with
Seasonal Vegetables
(CE)

Green Salad &
Coleslaw
(E, MU)

Rustic Roast Potatoes
& Seasonal Vegetables

Steamed Rice & Stir
Fried Greens

Beans or Peas

Winter Berry
Traybake
(E, G, MK*)

Shortbread Biscuit
(G)

Iced Vanilla Sponge
(E, G)

Fruit Jelly

Ice Cream
(MK)

See Board for
Details

See Board for
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See Board for
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See Board for
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Salad Bar
Homemade Bread
(E*, G, MK, SO)
Fresh Fruit

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(E*, G, MK, SO)
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(E*, G, MK, SO)
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Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

* = May Contain

Coulsdon C of E Primary School

