

HOWE GREEN HOUSE SCHOOL LUNCH MENU

With effect from: LENT TERM - January 2024

Child's Name _____

WEEK 2	(Meat Free) Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice (Vegetables)	Pasta & Tomato Sauce (sauce optional) with sweetcorn & bread (G)	Beef Lasagne (with carrots & garlic bread) (G), (D)	Roast Chicken with Yorkshire Pudding (G), (E), (D), roast potatoes, peas and (optional) gravy (GF)	Cottage Pie (with mixed vegetables) (D)	Chicken Nuggets (with chips & baked beans) (G), (DF), (C)
Vegetarian Choice (Vegetables)	Margherita Pizza (with sweetcorn) (G), (D)	Vegetable Lasagne (with carrots & garlic bread) (G), (D)	Vegetable Pattie with Roast Potatoes, peas and (optional) gravy (GF) (G), (D)	Vegetable Pie (with mixed vegetables) (D)	Vegetable Nuggets (with chips & baked beans) (G), (DF), (S), (C), (MU), (SS)
Jacket Potato	Jacket Potato with Baked Beans and Cheese (D)	Jacket Potato with Tuna Mayo (D), (F)	Jacket Potato with Baked Beans and Cheese (D)	Jacket Potato with Tuna Mayo (D), (F)	Jacket Potato with Baked Beans and Cheese (D)
Cold	Egg Mayo Roll (G), (D), (E)	Cheese Roll (G), (D)	Tuna Mayo and Sweetcorn Wrap (G), (F), (D)	Chicken Tikka Bap (G)	BBQ Chicken Roll (G)
Dessert	Chocolate Sponge with Custard (G), (D), (E), (S)	Fruit Jelly (GF), (DF), (GLF)	Chocolate Chip Cookie (G), (D), (E), (S)	Strawberry Delight (GF), (D), (GLF)	Cup Cakes (G), (D), (E)
Fruit	Apple	Orange	Pear	Grapes	Banana
ALLERGY KEYS		SALAD BAR AVAILABLE EVERY DAY			
GF = GLUTEN FREE DF = DAIRY FREE G = GLUTEN D = DAIRY F = FISH S = SOYA E = EGGS C = CELERY SD = SULPHUR DIOXIDE SS = SESAME SEED MU = MUSTARD GLF = GELATINE FREE		GLUTEN FREE GRAVY IS AVAILABLE WITH ROAST LUNCHES BREAD (G) SERVED WITH APPROPRIATE DISHES OF THE DAY ALL CURRY DISHES CONTAIN MIXED VEGETABLES TORTILLA CHIPS SERVED REGULARLY WITH COLD CHOICE			
		 			