

HOWE GREEN HOUSE SCHOOL LUNCH MENU

With effect from: LENT TERM - January 2024

Child's Name _____

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice (Vegetables)	Peri Peri Chicken (with new Potatoes and broccoli) (GF), (DF)	Chicken Pizza (with sweetcorn) (G), (D)	Sausage and Mash (with (optional) gravy (GF) & peas) (G), (D), (S), (SD)	Chicken & Potato Curry with Rice (Optional Poppadum) (GF), (DF)	Pasta Bolognese (with peas & bread) (G), (DF)
Vegetarian Choice (Vegetables)	Cauliflower and Broccoli Bake (with new potatoes) (G), (D)	Mac & Cheese (with bread & sweetcorn) (G), (D)	Vegetable Sausage and Mash (with (optional) gravy (GF) & peas) (G), (D)	Potato & Vegetable Curry with rice (Optional Poppadum) (GF), (DF)	Vegetable Bolognese Pasta (with peas & bread) (G), (DF)
Jacket Potato	Jacket Potato with Baked Beans and Cheese (D)	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)
Cold	Roasted Chicken Roll (G)	Tuna Mayo Wrap (G), (D), (F)	Cheese and Tomato Roll (G), (D)	Sausage Bap (G), (S), (SD)	Egg Mayo Roll (G), (D), (E)
Dessert	Chocolate Muffin (G), (D), (E)	Lemon Drizzle Cake (G), (D), (E)	Jam Sponge (G), (D), (E)	Mini Doughnuts (G), (D), (E), (S)	Strawberry Swiss Roll (G), (D), (E), (S)
Fruit	Peaches	Apple	Pear	Orange	Grapes

ALLERGY KEYS

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

SALAD BAR AVAILABLE EVERY DAY

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 OPTIONS

