

# 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
<b>Meat Choice</b> <i>(Vegetables)</i>	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)
<b>Vegetarian Choice</b> <i>(Vegetables)</i>	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)
<b>Jacket Potato</b>	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)
<b>Cold</b>	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)
<b>Dessert</b>	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)
<b>Fruit</b>	Apple	Orange	Pear	Grapes	Banana

## 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 CHOICE

