

HOWE GREEN HOUSE SCHOOL LUNCH MENU

With effect from: LENT TERM - January 2024

Child's Name _____

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice <i>(Vegetables)</i>	Steamed Chicken & Lemon Sauce (with rice & carrots) (GF), (DF), (S), (C)	Chicken Alfredo Pasta (with sweetcorn) (G), (D)	Roast Beef, Yorkshire pudding (G), (E), (D), roast potatoes, peas and (optional) gravy (GF)	Mediterranean Baked Chicken (with rice & vegetables) (GF), (DF)	Fish Goujons (with potato wedges & baked beans) (DF), (G), (F)
Vegetarian Choice <i>(Vegetables)</i>	Vegetable Soft Tacos (with cheese & carrots) (G), (D)	Vegetarian Alfredo Pasta (with sweetcorn) (G), (D)	Margherita Pizza (with peas) (G), (D)	Cheese and Onion Pastry (with vegetables) (G), (D)	Vegetable Nuggets (with potato wedges & 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	Tuna Mayo Wrap (G), (D), (F)	Cheese (D) and Tomato Roll (G)	Roast Beef Roll (G)	Cheese & Pickle Baguette (D), (G)	Egg Mayo Roll (G), (D), (E)
Dessert	Strawberry Swiss Roll (G), (D), (E), (S)	Fruit Yoghurt (GF), (D)	Chocolate Brownie (G), (D), (E)	Sticky Toffee Cake (G), (D), (E)	Chocolate Chip Cookie (G), (D), (E), (S)
Fruit	Melon	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 CHOICE

