

# Bishop King CE Primary School Menu 2022

Name \_\_\_\_\_

Class \_\_\_\_\_

I confirm I have selected these meals with my child and have read the allergens for all 3 weeks before signing;

Please circle/tick your child's choice for each day, it does not have to be the whole week, they can choose as they like - it could be just every Fish Friday.

Please make sure your child's allergy information is up to date with the school office, as we will cater for these as long as we know.

Parent/Carer Name \_\_\_\_\_

Parent/Carer Signature \_\_\_\_\_

## Allergens;

(G) - Gluten (M) - Milk (E) Egg (S) Soya (W) Wheat (SU) Sulphites (SS) Sesame Seeds (F) Fish (MU) Mustard

Date \_\_\_\_\_

Week 1 - WB 03.01.2022, 24.01.2022, 21.02.2022, 14.03.2022					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 - Hot</b>	Creamy Tomato Pasta Bake with Peas and Crusty Bread. (G) (M) (S)	Chicken Tikka with Rice, Vegetables and Naan Bread. (G) (S)	Roast Turkey with Stuffing Ball, Mashed Potato, Seasonal Vegetables and Gravy. (G) (E) (S)	Big Breakfast - Bacon and Egg with Beans and Crusty Roll. (G) (S) (E)	Fish Fingers with Chips and Peas. (F) (M) (G) (E)
<b>2 - Veg</b>	Jacket Potato with Cheese, Beans and Salad. (G) (M)	Macaroni Cheese with Sweetcorn and Bread. (G) (M) (S)	Quorn Fillet with Stuffing Ball, Mash Potato, Seasonal Vegetables and Gravy (S) (G) (M)	Big Breakfast - Quorn Sausage and Egg with Beans and Crusty Roll. (G) (S) (E)	Vegan (Quorn) Fishless Fingers with Chips and Peas. (S) (G) (E)
<b>3 - Sandwich</b>	Tuna Sandwich, with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (F) (E)	Ham Sandwich and Yoghurt Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich and Yoghurt Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich and Yoghurt Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich and Yoghurt Fruit or Cake (G) (M) (SS) (E)
<b>4— Sandwich</b>	Cheese Sandwich and Yoghurt Fruit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich and Yoghurt Fruit or Cake (G) (M) (SS) (E)
<b>Pudding</b>	Chocolate Orange Cupcake. (M) (E) (G)	Raspberry Jelly and Cream. (M)	Fruit Yoghurt (M)	Gingerbread Man with Milk and Raisins. (G) (M)	Ice Cream and Fruit. (M)
Available every day; Water, milk and wholemeal bread. YOGHURT AND A FRUIT BASKET ARE ALWAYS AVAILABLE AS A CHOICE. Salad Bar - Gherkins, Beetroot, Pasta, Tomato, Cucumber, Peppers, Egg and Bread.					
Please turn over for weeks 2 & 3					

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### Allergens;

(G) - Gluten (M) - Milk (E) Egg (S) Soya (W) Wheat (SU) Sulphites (SS) Sesame Seeds (F) Fish (MU) Mustard

Week 2 - WB 10.01.2022, 31.01.2022, 28.02.2022, 21.03.2022					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 - Hot</b>	Margherita Pizza with Homemade Wedges and Beans. (G) (M) (S)	Pasta Bolognese with Garlic Bread and Sweetcorn. (G) (M) (S)	Pork Sausage in a Yorkshire Pudding with New Potatoes, Seasonal Vegetables and Gravy. (G) (E) (M) (S)	Chicken Fillet Burger with Salad and Diced Potatoes. (G) (S) (E)	Fish Fingers with Chips and Peas. (F) (G) (E)
<b>2 - Veg</b>	Quorn Burger with Beans. (S) (G) (E)	Quorn Meatballs with Pasta and Sweetcorn. (S) (G) (E)	Quorn Sausage with New Potatoes, Seasonal Vegetables and Gravy. (G) (S) (M) (E)	Cheesy Omelette with Beans and Crusty Bread. (M) (E) (G) (S)	Jacket Potato with Beans and Cheese. (M)
<b>3 - Sandwich</b>	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E) (W)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)	Tuna Sandwich, with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (F) (E)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)
<b>4—Sandwich</b>	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)
<b>Pudding</b>	Frozen Fruit Yoghurt (M)	Fruit Salad and Yoghurt. (G) (M)	Chocolate Cracknell. (G) (M) (E)	Fruit Yoghurt (M)	Shortbread with Raisins. (S) (G)
Available every day; Water, milk and wholemeal bread. YOGHURT AND A FRUIT BASKET ARE ALWAYS AVAILABLE AS A CHOICE. Salad Bar - Gherkins, Beetroot, Pasta, Tomato, Cucumber, Peppers, Egg and Bread.					

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### Allergens;

(G) - Gluten   (M) - Milk   (E) Egg   (S) Soya   (W) Wheat   (SU) Sulphites   (SS) Sesame Seeds   (F) Fish   (MU) Mustard

Week 3 - <b>WB 17.01.2022, 07.02.2022, 07.03.2022, 28.03.2022</b>					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 - Hot</b>	Cheesy Pizza with Wedges, Cucumber and Pepper Salad. (G) (M) (S)	Savoury Mince Beef Cobbler with Mashed Potato and Peas. (G) (E) (S) (M)	Roast Chicken with Roast Potatoes, Seasonal Vegetables and Yorkshire Pudding. (G) (E) (S) (M)	Pork Meatballs in Tomato Sauce with Pasta and Seasonal Vegetables. (G) (S) (E)	Salmon Fishcakes with Chips and Peas. (F) (G) (M) (E)
<b>2 - Veg</b>	Jacket Potato with Quorn Bolognese and Salad. (E) (S)	Quorn Tikka with Rice, Vegetables and Naan Bread. (E) (G) (S)	Cheesy Potato Puff with Seasonal Vegetables and New Potatoes. (G) (S) (M) (E)	Tomato and Roasted Vegetable Bake with Salad and Crusty Bread. (G) (S)	Vegan (Quorn) Fishless Fingers with Chips and Peas. (S) (G) (E)
<b>3 - Sandwich</b>	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake (M) (G) (SS) (E)
<b>4— Sandwich</b>	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)	Tuna Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (F) (E) (W)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake (G) (M) (SS) (E)
<b>Pudding</b>	Vanilla Cupcake or Fruit (G) (E) (S)	Grapes and Watermelon or Fruit Yoghurt. (M)	Fruit Yoghurt or Fruit. (M)	Apple Flapjack or Yoghurt. (M) (E) (G)	Frozen Fruit Yoghurt or Fruit. (M)
Available every day; Water, milk and wholemeal bread. YOGHURT AND A FRUIT BASKET ARE ALWAYS AVAILABLE AS A CHOICE. Salad Bar - Gherkins, Beetroot, Pasta, Tomato, Cucumber, Peppers, Egg and Bread.					