

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 -					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Homemade Wholemeal Pizza Slice with Diced Potatoes and Beans. G / M / S	Chicken and Sweet Potato Curry, 50/50 Rice and Naan Bread. G / M	Roast Chicken with Stuffing Ball, Mashed Potato, Seasonal Vegetables and Gravy. G / E / S	Beef Lasagne, Mixed Salad and Garlic Bread G / S / E / M	Fish Fingers, Chips and Peas F / M / G / E
2 - Veg	Cheese Omelette, Cherry Tomatoes, Cucumber and Diced Potatoes. G / M / E	Quorn Chilli, 50/50 Rice, Sweetcorn and topped with Cheese. S / G / M	Quorn Fillet with Stuffing Ball, Mashed Potato, Seasonal Vegetables and Gravy. S / G / E	Big Breakfast, Quorn Sausage, Egg with Beans and Crusty Roll. G / S / E	Jacket Potato with Cheese and Beans. M
3 - Sandwich	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 / W	Tuna 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 / W	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake G / M / SS / E / W
4— Sandwich	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W
Pudding	Frozen Strawberry Yoghurt Pot. M	Vegetarian Fruit Jelly and Squirry Cream. M	Chocolate Orange Sponge with Chocolate Sauce. M	Fresh Fruit or Yoghurt. M	Iced Vanilla Sponge. G / E / S
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;

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Week 2					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Pasta Twirls, Creamy Tomato Sauce, Peas and Crusty Bread. G / S	Chicken Fillet Burger with Mixed Salad and Beans. G / S	Roast Gammon with Roast Potatoes, Peas, Carrots and Gravy. G / S / M / E	Mild Beef Chilli, 50/50 Rice and Sweetcorn. G / S	Salmon Fish Fingers, Chips and Peas. F / G / E
2 - Veg	Pitta Pizza Slice, Rainbow Salad and Diced Potato. G / M / S	Spaghetti Neopolitan with Mixed Salad. G / M / S	Quorn Sausage Roll with Roast Potatoes, Peas, Carrots and Gravy. G / S / M / E	Quorn Burger in a Bun with Beans. G / M / S	Quorn Nuggets, Chips and Peas. M / G / S / E
3 - Sandwich	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 / W	Tuna Sandwich with Veg Sticks, Yoghurt, Fruit or Cake G / M / SS / E / W	Ham Baguette 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 / W
4—Sandwich	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Baguette with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W
Pudding	Chocolate and Vanilla Mousse. M	Sponge with Squirty Cream. M	Fruit Yoghurt or Fresh Fruit Choice. M	Chocolate Brownie. M / E / G	Icecream Roll with Fruit. M / 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					
Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Margarita Pizza Slice with Wedges, Cucumber and Pepper Salad. G / M / S	Big Breakfast Pork Sausage, Egg, Beans and Crusty Bread. S / G / E / SS	Roast Chicken with Yorkshire Pudding, New Potatoes, Seasonal Vegetables and Gravy. G / E / S / M	Spaghetti Bolognaise and Sea- sonal Vegetable. G / S / E	Fish Fingers, Chips and Peas. F / G / M / E
2 - Veg	Quorn Meatballs, Pasta, Tomato Sauce and Sweetcorn. G / S	Jacket Potato with Beans, Cheese and Salad. M	Quorn Sausage with Yorkshire Pud- ding, New Potatoes, Seasonal Vegeta- bles and Gravy. G / E / S / M	Cheese and Tomato Panini with Sweetcorn Salad. S / G / M	Vegan Fishless Fingers, Chips and Peas. S / G / E
3 - Sandwich	Ham Sandwich with Veg Sticks, Yo- ghurt, Fruit or Cake G / M / SS / E / W	Ham Sandwich with Veg Sticks, Yoghurt, Fruit or Cake G / M / SS / E / W	Tuna Sandwich with Veg Sticks, Yo- ghurt, Fruit or Cake G / M / SS / E / W	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 / W
4— Sandwich	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yo- ghurt, Biscuit or Cake. M / G / SS / E / W	Cheese Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W	Egg Sandwich with Veg Sticks, Yoghurt, Biscuit or Cake. M / G / SS / E / W
Pudding	Oaty Cookie with Milk M / G	Iced Lemon and Courgette Sponge. M / G / E	Fruit Yoghurt and Fresh Fruit Choice. M	Chocolate Muffin. M / G / E	Icecream Pot. 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.					