



















Ludlow Junior School Menu for Spring 2 Commencing 19th February 2024

 Vegetarian friendly


















W/C 19th February & 11th March 2024

Week 1 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Sausage Roll, Sauté Potatoes & Beans	Fish Cake/Wedges & Sweetcorn	Beef Pasta Bolognese. Garlic Bread & Mixed Vegetables	Sweet & Sour Chicken, Rice & Carrots	Battered Fish, Chips & Peas
<u>Vegetarian</u> 	Vegetable Curry, Rice & Naan Bread 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Cheese & Onion Pasty, New Potatoes & Mixed Vegetables 	Cheese & Tomato Pasta, Crusty Bread & Carrots 	Vegetable Burger, Chips & Peas 
<u>Jacket Potato</u>	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 
<u>Bread Options</u>	Ham Baguette Cheese Baguette Tuna Mayo Wrap	Ham Baguette Cheese Baguette Chicken Mayo Baguette	Ham Baguette Cheese Baguette BLT Bap	Ham Baguette Cheese Baguette Ham & Cheese Baguette	Ham Baguette Cheese Baguette Cream Cheese Bagel
<u>Pudding</u>	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 

W/C 26th February & 18th March 2024

Week 2 & 5	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken Curry, Rice, Naan Bread & Carrots	Ham & Cheese Pasta, Garlic Bread & Sweetcorn	Chicken Pie, New Potatoes & Mixed Vegetables	Pork Sausages, Mash Potato & Green Beans	Fish Fingers, Chips & Peas
<u>Vegetarian</u> 	Vegan Sausage Roll, Sauté Potatoes & Beans 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Vegan Chilli Taco's, Rice & Mixed Vegetables 	Cheese Pasta Bake, Crusty Bread & Green Beans 	Vegetable Hotdog, Chips & Peas 
<u>Jacket Potato</u>	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 
<u>Bread Options</u>	Ham Baguette Cheese Baguette Tuna Mayo & Sweetcorn Wrap	Ham Baguette Cheese Baguette Egg Mayo Baguette	Ham Baguette Cheese Baguette Southern Fried Chicken Wrap	Ham Baguette Cheese Baguette Vegetable Sausage Baguette	Ham Baguette Cheese Baguette Chicken Sandwich
<u>Pudding</u>	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 

W/C 4th March & 25th March 2024

Week 3 & 6	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Beef Meat Ball Pasta, Garlic Bread & Carrots	Barbecue Chicken, Wedges & Sweetcorn	Beef Chilli Taco's, Rice & Mixed Vegetables	Breaded Fish, New Potatoes & Green Beans	Pork Hot Dog, Chips & Peas
<u>Vegetarian</u> 	Vegan Crumbed Schnitzel with Barbecue Sauce, New Potatoes & Carrots 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Vegan Sausages, Mash Potato & Mixed Vegetables 	Macaroni Cheese, Garlic Bread & Green Beans 	Vegetable Fingers, Chips & Peas 
<u>Jacket Potato</u>	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 	With a selection of fillings 
<u>Bread Options</u>	Ham Baguette Cheese Baguette Bacon & Cheese Baguette	Ham Baguette Cheese Baguette Egg Mayonnaise Wrap 	Ham Baguette Cheese Baguette Sausage Bap	Ham Baguette Cheese Baguette Ham & Cream Cheese Bagel	Ham Baguette Cheese Baguette Chicken & Bacon Mayonnaise Wrap
<u>Pudding</u>	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 

We refer to the guidance in the School Food Standards to develop our menu.

To give the children more choice in picking food items that they enjoy, we will have the following sections

Jacket Potato Bar – This will offer a choice of fillings including Cheese, Baked Beans and Tuna Mayonnaise as standard and children are welcome to choose up to two toppings for their jacket potato.

Salad Bar – A selection of salad items will be available daily as an additional item for all main meals and baguettes.

Dessert Bar – This will offer a main sweet treat pudding each day, as well as alternatives such as vegetarian friendly yoghurts, fresh fruit and cheese and biscuits.

Baguette Bar- A selection of bread options will now be available daily for your child to choose from. Cheese and ham baguettes will be on daily, as well as an additional option giving them more choice if wanting a cold lunch over the summer months.

A selection of bread items will be available throughout the week, ranging from sliced bread, petit pains and brown rolls as an additional item for main meals only, where a bread has not already been included e.g. Baguette/Garlic Bread

Milk and water will be available daily over the lunch period.

Our Catering Team can be contacted via the main school reception and can help you with;

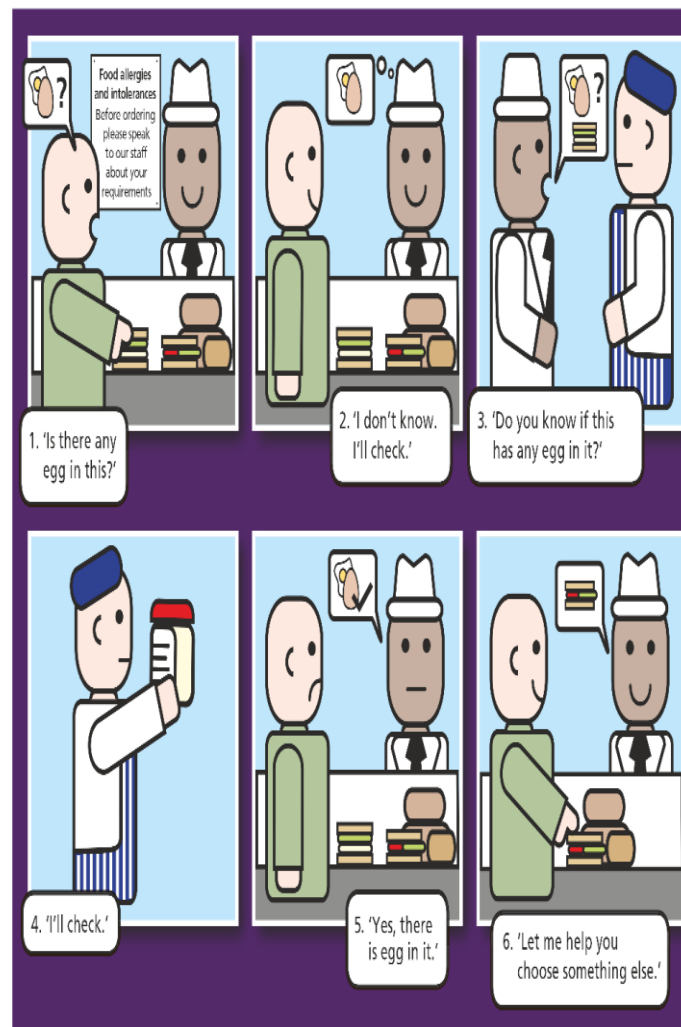
- Information on Allergens.
- Identifying a menu suitable for your child if they have a dietary requirement
- A menu for a dairy/gluten free diet

Our CFK menu will provide your child with a healthy and nutritious diet that also engages and interests them

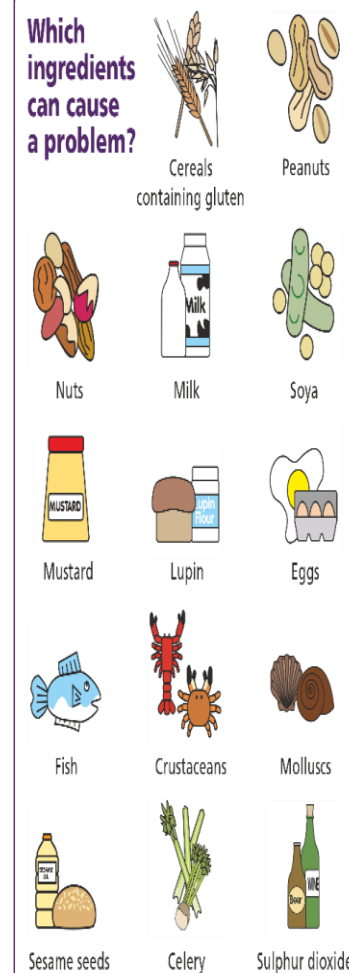
Please note the menu may be subject to change to meet the local needs.

Think Allergy

When someone asks you if a food contains a particular ingredient – always check. From 13 December 2014, food businesses will need to provide information about allergenic ingredients in the food they serve.



Which ingredients can cause a problem?



For more information and advice about allergy, visit: food.gov.uk/allergy

A booklet **Allergen information for loose foods** is also available to download.