

































# Ludlow Junior School Menu for Summer 1 - 15<sup>th</sup> April – 23<sup>rd</sup> May 2024

 Vegetarian friendly

















## W/C 15<sup>th</sup> April & 6<sup>th</sup> May 2024

Week 1 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Sausage Roll, Sauté Potatoes & Beans	Chicken Stir Fry & Rice	Beef Lasagne, Garlic Bread & Mixed Vegetables	Chicken Fajitas, Herb Potatoes & Carrots	Battered Fish, Chips & Peas
<u>Vegetarian</u> 	Frittata, New Potatoes & Broccoli 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Vegan Sausages, Mash Potatoes & Mixed Vegetables 	Cheese & Tomato Pasta, Crusty Bread & Carrots 	Vegan Hot Dog, 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 Baguette	Ham Baguette Cheese Baguette Chicken Mayo Baguette	Ham Baguette Cheese Baguette BLT Bap	Ham Baguette Cheese Baguette Ham & Cheese Wrap	Ham Baguette Cheese Baguette Cream Cheese Bagel
<u>Hicken.</u>	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 

## W/C 22<sup>nd</sup> April & 13<sup>th</sup> May 2024

Week 2 & 5	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meat</u>	Chicken Curry, Rice, Naan Bread & Carrots	Ham & Cheese Pasta, Garlic Bread & Sweetcorn	Beef Cottage Pie & Mixed Vegetables	All Day Breakfast Pork Sausage, Bacon, Hash Brown, Beans & Scrambled Egg	Fish Fingers, Chips & Peas
<u>Vegetarian</u> 	Vegan Sausage Roll, Sauté Potatoes & Beans 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Cheese Pasta Bake, Crusty Bread & Mixed Vegetables 	Vegetarian Breakfast 2 Vegan Sausages, Hash Brown, Beans & Scrambled Egg 	Vegan 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 & Cucumber Baguette	Ham Baguette Cheese Baguette Egg Mayo Bap	Ham Baguette Cheese Baguette Southern Fried Chicken Wrap	Ham Baguette Cheese Baguette Beef & Tomato Baguette	Ham Baguette Cheese Baguette Chicken, Bacon & Mayonnaise Wrap
<u>Pudding</u>	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 	Sweet Treat 

## W/C 29<sup>th</sup> April & 20<sup>th</sup> May 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	Fish Cake, New Potatoes & Green Beans	Pork Hot Dog, Chips & Peas
<u>Vegetarian</u> 	Vegan Chilli Tacos, Rice & Carrots 	Cheese & Tomato Pizza, Wedges & Sweetcorn 	Cheese & Onion Quiche, New Potatoes & 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 Coronation Chicken 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;

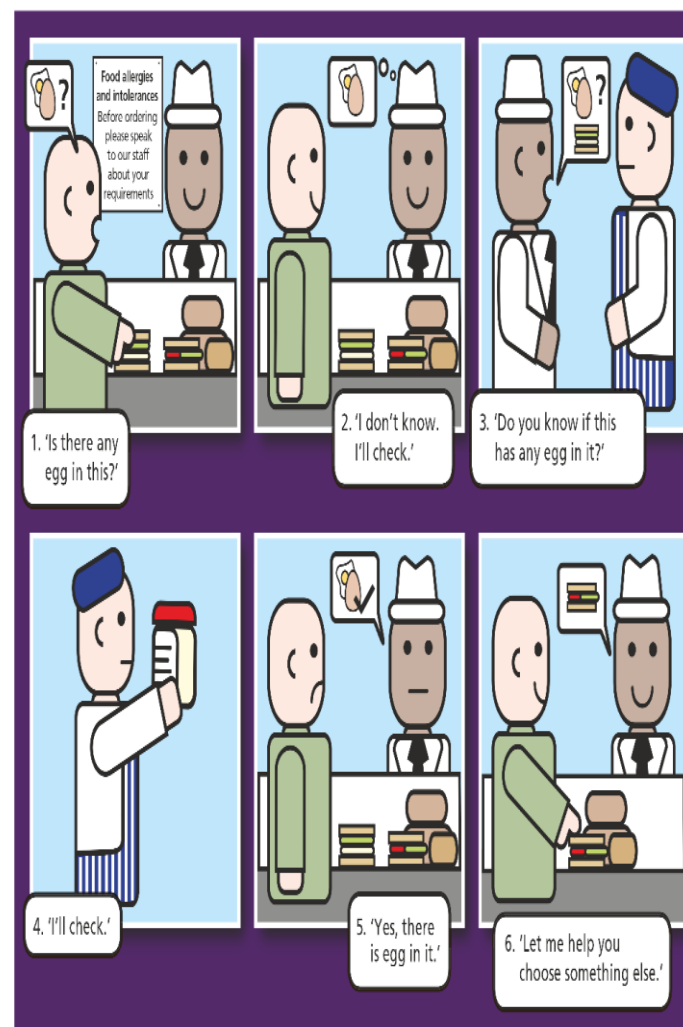
- Information on Allergens.
- Identifying a menu suitable for your child if they have a dietary requirement
- A menu for a dairy/gluten free diet

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?



Cereals containing gluten

Peanuts



Nuts



Milk



Soya



Mustard



Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide

For more information and advice about allergy, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy)

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