

Laleham Gap School

3 Weekly Lunch Menu

Fresh fruit, salad, sandwiches, bread, yoghurt, milk and chilled water are available
Daily



ALLERGEN GUIDE

Allergen Name	Allergen Code
Gluten	1
Milk	2
Sulphites	3
Celery	4
Egg	5
Soya Beans	6
Fish	7
Mustard	8
Barley	9
Sesame	10
Crustaceans	11
Lupin	12
Molluscs	13
Nuts	14

Sandwiches Filling		
White Bread ^{1 6} and Spread	Cheese ²	Tuna Mayonnaise ^{5 7}
Wholemeal Bread ^{1 6} and Spread	Ham	



Week one

	Main	Vegetarian	Sides	Dessert
Monday	Maccaroni Cheese ^{1 2}		Broccoli Crusty bread ¹	Raspberry Jam Tart ^{1 2}
Tuesday	Pork Meatballs in a vegetable sauce ^{1 3 4}	Vegan balls ⁶	Pasta ¹ Cheese ²	Oat Cookies ¹
Wednesday	Roast Chicken with Gravy	Mushroom and Stilton Wellington ^{1 2}	Roast Potatoes carrots Sweetcorn Green Beans Yorkshire Pudding ¹ ^{2 5}	Arctic roll ^{1 2 3 6} Fruit platter
Thursday	Beef Curry	Quorn Curry ^{5 8}	Rice Mini Plain Naan ¹	Treacle sponge ^{1 5 6} Custard ²
Friday	Fish Fingers ^{1 7}	Quorn Nuggets ¹	Beans Chips	Lemon Drizzle Cake ^{1 5}
Allergens	1. Gluten 2. Milk 3. Sulphites 4. Celery 5. Egg 6. SoyaBean 7. Fish 8. Mustard 9. Barley 10. Sesame 11.Crustaceans 12.Lupin 13.Molluscs 14.Nuts			

Week Two				
	Main	Vegetarian	Sides	Dessert
 Monday	Pizza ^{1 2}		Cucumber and Carrot Sticks Onion Rings ¹ Houmous ¹⁰	Apple Crumble ¹ Custard ²
Tuesday	Chicken thighs	Quorn fillet ⁵	Seasoned boiled potato Pitta bread ¹ Garlic mayonnaise ⁵	Rice Crispy Cake ⁹
Wednesday	Sliced Gammon and Gravy	Carrot and Red Lentil Bake _{1 2 5}	Roast Potatoes Carrots Cauliflower Brussel Sprouts	Fruit salad Cream ²
Thursday	Sweet and sour chicken ⁴	Sweet and sour Quorn ^{4 5 8}	Rice Vegan prawn crackers	Iced Sponge Cake ^{1 5}
Friday	Oven Baked Fish ^{1 7}	Tortellini in a White Bean and Cherry Tomato Sauce ^{1 2} ₅	Chips Peas Lemon Wedge	Blueberry Flapjack ²
Allergens	1.Gluten 2. Milk 3. Sulphites 4. Celery 5. Egg 6. SoyaBean 7. Fish 8. Mustard 9. Barley 10. Sesame 11.Crustaceans 12.Lupin 13.Molluscs 14.Nuts			

Week Three				
	Main	Vegetarian	Sides	Dessert
Monday	Jacket Potato		Tuna Mayonnaise ^{5 7} Cheese ² Beans, Salad	Mixed berry Crumble ¹ Custard ²
Tuesday	Chicken Goujons ^{1 6 8}	Quorn Nuggets ¹	Wrap ^{1 9} , Salad, Cheese ² Chive Mayo ⁵ Tortilla Chips	Banana cake ^{1 5}
Wednesday	Roast chicken with gravy	Garlic and Herb Cheese Wheels ^{1 2 5}	Roast Potatoes Cabbage Carrots Peas	Jelly and Fruit platter
Thursday	Children's Choice			
Friday	Sausage Roll ^{1 2 3 6}	Vegan Roll ¹	Chips Beans	Rasin Cookie ¹
Allergens	1. Gluten 2. Milk 3. Sulphites 4. Celery 5. Egg 6. SoyaBean 7. Fish 8. Mustard 9. Barley 10. Sesame 11.Crustaceans 12.Lupin 13.Molluscs 14.Nuts			