



















## Coundon Primary Catering Services Autumn / Spring Menu

Coundon catering services are passionate about serving high quality, locally sourced ingredients in our meals. Our catering team have vast experience with the food service area and are constantly trying to improve and adapt our menus to keep them exciting and tasty for your child to enjoy. The team understand how important lunchtime decision is. You obviously want to ensure your child eats a nutritionally balanced meal and that it fuels the rest of their learning day. We aim to fulfil this desire. If your child is not having one of our school meals, why not let them have a try?































**This menu is subject to change at short notice.**

**Week 1 – Week beginning: 11<sup>th</sup> November, 2<sup>nd</sup> December, 6<sup>th</sup> January, 27<sup>th</sup> January, 24<sup>th</sup> February, 17<sup>th</sup> March, 7<sup>th</sup> March**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	Pork Sausage or Pork Meatballs & Gravy 	Breaded Pollock Fish 	Roast Chicken, stuffing (H) with Gravy 	Cheese & Tomato Pizza 	Vinegar infused Fish & Lemon Wedges 
Choice 2	Jacket Potato & Baked Beans or Cheese (H) 	Ham Baguette & Salad (H) Or Wrap 	Cheese Wrap & Salad/Egg Mayo (H) 	Spaghetti Bolognese (H) 	Vegan Quorn Balti or Tikka Wholegrain Rice 
Vegetarian choice	Vegan Quorn Sausage & Gravy	Veggie Samosa 	Vegan Quorn Fillet	Vegetable Spring Roll 	Vegetable Nuggets 
Choice of potatoes	Mashed Potatoes 	Herb diced Potatoes/Rice	Dry Roast Potatoes	Rice or Corn on the Cob	Chips
Veg choice	Peas	Peas and Side Salad	Carrots, Peas & Broccoli	Beans or Sweetcorn	Peas
Dessert	Ice Cream Pot 	Assorted Muffins 	Apple Crumble & Custard (H) 	Shortbread 	Jellied Fruit Cocktail (H)
Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers					
Selection of Cold Juice, Milk & Milk Shake					






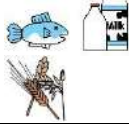














Children may help themselves to bread and salad from the Salad Cart.

**Week 2 - Week beginning: 18<sup>th</sup> November, 9<sup>th</sup> December, 13<sup>th</sup> January, 3<sup>rd</sup> February, 3<sup>rd</sup> March, 24<sup>th</sup> March**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	BBQ Chicken Wrap (H) 	Sausage roll or Veggie Roll  	Pork Steak(H) with Stuffing 	Beef Cottage Pie / Beef Casserole (H) 	Cod Fish Fingers & a Lemon Wedge 
Choice 2	Cheese & Onion Pasty 	Mild Chicken Balti & Naan Bread (H) 	Jacket Potato with various Fillings 	Ham Baguette and Salad 	Jacket Potato & Baked Beans or Cheese (H) 
Vegetarian choice	Veggie Mince Bolognese (H), WG Pasta Bake  	Tuna or Egg Mayo Sandwich  	Vegan Veggie Banger (sausage) & Gravy  	Cheese & Tomato Pizza 	Mini Breakfast- Scrambled Egg, Hash Brown & Beans 
Choice of Potatoes	Diced Potatoes	Mashed Potatoes 	Roast New Potatoes	Baked Wedges/ Corn on the Cob	Chips
Veg choice	Sweetcorn & Coleslaw	Peas & Side Salad	Cauliflower cheese, Carrots, Peas and Green Beans 	Peas & Side Salad	Peas
Dessert	Fruit Flapjack 	Fruit Mousse Slice 	Lemon Sponge Roll or Chocolate Sponge & Custard  	Jam Doughnuts  	Cookie Oats & Lemon 
Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers					
Selection of Cold Juice, Milk & Milk Shake					

**Children may help themselves to bread and salad from the Salad Cart.**

Week 3 - Week beginning: 4<sup>th</sup> November, 25<sup>th</sup> November, 16 December, 20<sup>th</sup> January, 10<sup>th</sup> February, 10<sup>th</sup> March, 31<sup>st</sup> March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	Pizza 	Beef Lasagne or pasta (H) 	Roast Chicken & Stuffing (H) 	Chicken or Lamb Hotpot (H) 	Breaded Pollock Fillet & Lemon 
Choice 2	Tuna & Salad Wrap (H) 	Jacket Potato and Cheese & Beans 	Jacket Potato & Baked Beans or Tuna (H) 	Cod Fish Cake 	Veg spring rolls 
Vegetarian choice	Quorn Korma (H) & Naan Bread and Rice 	Veggie Mince Pasta (H) 	Vegan Quorn Dippers 	Beef or Quorn burger 	Tomato Pasta (H) 
Choice of Potatoes	Waffle Potatoes	New Baked Potatoes	Celavita Roast Potatoes	Baked Wedges & Corn on the Cob	Chips
Veg choice	Sweetcorn & Coleslaw	Peas & Side Salad	Country Mixed Veg, Cauliflower Cheese 	Sweetcorn & Side Salad	Peas
Dessert	Smoothies	Gingerbread Man 	Fruit Crumble & Custard 	Ice Cream Treat 	Oats & Lemon cookies 
Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers					
Selection of Cold Juice, Milk & Milk Shake					

Children may help themselves to bread and salad from the Salad Cart.

(H) = Homemade

#### DISHES AND THEIR ALLERGEN CONTENT

