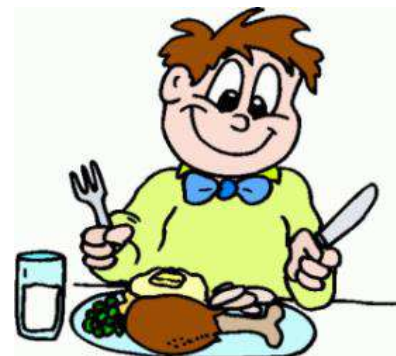































## Coundon Primary Catering Services Summer/Autumn Menu

































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?
























































**Week 1 - Week beginning: 1<sup>st</sup> September, 22<sup>nd</sup> September, 13<sup>th</sup> October, 10<sup>th</sup> November**

|   | MONDAY  | TUESDAY   | WEDNESDAY  | MEAT-FREE THURSDAY  | FRIDAY  |
|---|---|---|--|---|---|
| Choice 1  | Breaded Fish<br>                           | Pork Sausage Roll<br>  | Roast Chicken & Stuffing<br> H  | Cheese & Tomato Pizza<br>  | Fish<br>   |
| Choice 2  | Chicken Korma & Rice and Naan Bread<br> H | Salmon/Cod Fishcake<br>   | Tuna Mayo Sandwich<br> H   | Egg Mayo Sandwich<br> H   | Quorn Sweet and Sour with Rice<br> H  |
| Vegetarian choice   | Cheese Sandwich<br> H                    | Jacket Potato with Cheese & Beans<br> H<br><hr/> Vegan Roll<br>  | Quorn Dippers<br>  | Veg Spring Rolls<br>  | Vegetable Nuggets<br>               |
| Choice of potatoes  | Rice or Wedges<br>                       | Mashed Potatoes<br>  | Roast Potatoes   | Potato Wedges   | Oven Chips  |
| Veg choice  | Peas  | Sweetcorn<br><hr/> Spaghetti Hoops<br>   | Carrots, Broccoli and Peas   | Sweetcorn   | Peas  |
| Dessert   | Assorted Muffins<br>                     | Ice Cream Treat<br>  | Apple Crumble & Custard<br> H   | Shortbread Fingers<br>   | Yogurt & Fruit Cocktail<br>  |
| Alternatives : Yoghurt, Dairy-free Alpro Yoghurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers |   |   |  |   |   |
| Selection of Cold Juice or Milk, subject to availability  |   |   |  |   |   |


**Week 2 - Week beginning: 8<sup>th</sup> September, 29<sup>th</sup> September, 20<sup>th</sup> October**

|   | MONDAY   | TUESDAY  | WEDNESDAY   | MEAT-FREE THURSDAY   | FRIDAY   |
|---|--|--|---|--|--|
| Choice 1  | BBQ Chicken Wrap<br>           | Chicken Goujons<br>   | Pork Loin & Stuffing<br>   | Pizza<br>                         | Fish Fingers<br>  |
| Choice 2  | Ham/Chicken Mayo Sandwich<br>  | Spaghetti Bolognese<br>  | Cheese/Ham Sandwich or Wrap<br>   | Four Cheese Quiche<br>            | Spring Rolls<br>   |
| Vegetarian Choice   | Omelette<br>  | Quorn Dippers<br>        | Quorn Balti Korma & Rice<br>     | Jacket Potatoes with Beans<br>    | Tomato Pasta Bake<br>   |
| Choice of potatoes  | Potato Wedges  | Croquettes<br>   | Roast Potatoes  | Corn on the Cob/Wedges   | Oven Chips   |
| Veg Choice  | Peas   | Sweetcorn<br>Spaghetti Hoops<br>  | Mixed Vegetables  | Sweetcorn  | Peas   |
| Dessert   | Raspberry Mousse Cake<br>   | Oaty Lemon Cookies<br>  | Apple Crumble & Custard<br>  | Plain or Fruit Scones & Jam<br> | Ice-cream Treat<br>   |
| Alternatives : Yoghurt, Dairy-free Alpro Yoghurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers |  |  |   |  |  |
| Selection of Cold Juice or Milk, subject to availability  |  |  |   |  |  |


**Week 3 - Week beginning: 15<sup>th</sup> September, 6<sup>th</sup> October, 3<sup>rd</sup> November**

|   | MONDAY  | TUESDAY   | WEDNESDAY   | MEAT-FREE THURSDAY   | FRIDAY  |
|---|---|---|---|--|---|
| Choice 1  | Beef Burger in a Bun<br>    | Pork Sausage & Gravy<br>   | Roast Chicken & Stuffing<br>   | Pizza<br>    | Breaded Pollock Fish with Lemon<br>   |
| Choice 2  | Chicken Tikka Masala with Rice & Naan Bread<br> <br> | Jacket Potatoes with Cheese and Beans<br>   | Cheese/Tuna Mayo Sandwich or Wrap<br>  <br> | Cheese and Onion Pasty<br>   | Macaroni Cheese<br>  <br> |
|   |   | Ham Wrap<br>    |   |  |   |
| Vegetarian Choice   | Quorn Burger in a Bun<br>                            | Quorn Sausage and Gravy<br>   | Veggie Quorn Fillet<br>    | Cheese or Egg Mayo Sandwich<br>    | Jacket Potatoes & Beans<br>   |
| Choice of Potatoes  | Potato Waffles  | Diced Potatoes  | Roast Potatoes  | Corn on the Cob/Wedges   | Oven Chips  |
| Veg Choice  | Peas  | Sweetcorn   | Mixed Vegetables  | Peas & Sweetcorn Mix   | Peas  |
|   | Spaghetti Hoops<br>  |   |   |  |   |
| Dessert   | Flapjack<br>    | Gingerbread Man<br>   | Lemon or Chocolate Sponge Cake with Custard<br>    | Ice Cream Treat<br>   | Cookies<br>    |
| Alternatives : Yoghurt, Dairy-free Alpro Yoghurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers |   |   |   |  |   |
| Selection of Cold Juice or Milk, subject to availability  |   |   |   |  |   |


## DISHES AND THEIR ALLERGEN CONTENT




Homemade on-site




Cereals containing gluten



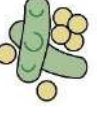
Milk / Dairy




Eggs




Vegan




Soya Vegan



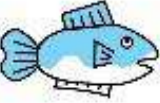
Sulphur Dioxide



Mustard



Sesame seeds



Fish