



Larmenier & Sacred Heart Catholic Primary School

Lunch Menu – Week 1 *(Weeks beginning: 25/01/2021, 08/02/2021)*

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Lasagne <i>(G) (D)</i>	Pizza (Cheese & Tomato) <i>(G, D)</i>	Vegetarian Chilli with Black Beans, Yoghurt and Cheese <i>(D)</i>	Sticky Roast Chicken Tray Bake	Fresh Fish Goujons in a light batter <i>(Hake, Haddock or Whiting)</i> <i>(G, E, F)</i>
Main 2 (Vegetarian)	Vegetable Lasagne <i>(G)(D)</i>				Vegetarian Enchiladas
Accompaniment	Roasted Broccoli	Crushed Roasted New Potatoes	Rice	Roast Potatoes <i>(Su)</i>	Chips <i>(Su)</i>
Vegetable additions	Sugar Snaps	Garlicky Green Beans	Green Beans and Mange Tout	Carrots	Crushed Peas Homemade Ketchup <i>(M)</i>
Additions	Carrot Sticks Cucumber Slices	Cucumber Slices Tomato Slices	Cucumber Slices Tomato Slices	Homemade Coleslaw	Mixed Salad
Bread	Focaccia <i>(G)</i>		Tortilla <i>(G)</i>	Tomato Bread <i>(G)</i>	Wholemeal Bread <i>(G)</i>
Dessert	Fresh Fruit or Cookie <i>(G)</i>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Cake <i>(G) (D)</i>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Yoghurt <i>(D)</i>

Allergens: C = Celery D = Dairy E = Egg F = Fish G = Gluten M = Mustard Soy = Soya SS = Sesame Su = Sulphates

**All vegetarian meals are suitable for vegans*

If your child has any allergies, please contact the school office so that the Head Chef can be fully informed of your child's needs.

This menu is subject to variations as fresh ingredients are delivered daily.