

LCK Menu 26-27

Week 1 Monday

Wholegrain Pasta Bolognese and Carrots	GF Pasta Suitable for DF, SF, EF
Med Veg Gnocchi Bake	GF Pasta DFSF Pasta
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Tuesday

Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables & Gravy	
Mango & Orange Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Wednesday

Wholegrain Pasta with Tomato Sauce and Green Beans	GF Pasta
Wholegrain Pasta with Tomato Sauce and Green Beans	
Chocolate Marble Cake	GFDFSF Angel Cake DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Thursday

Sausage Roll, Potato Wedges and Baked Beans	GF Sausage Roll
Cheese Puff Roll, Potato Wedges and Baked Beans	DF/SF Vegan Sausage Roll GF Vegetarian Burger
Fruit Jelly & Ice Cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 1 Friday

Fishcake, Hashbrown and Baked Beans	GF Fish Fingers
Fishless Fingers, Hashbrown and Baked Beans	
Blueberry Muffin	GFDFSF Blueberry Muffin DFEF Biscoff Loaf
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 2 Monday

Butchers Beef Burger in a Bun with Carrot Sticks	GF Burger and GF Bun
Bean Burger in a Bun with Carrot Sticks	GF Linda McCartney Burger
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Tuesday

Roast Sausage, Roast Potatoes, Seasonal Vegetables & Gravy	GF Sausage
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Wednesday

Cheese & Tomato Pizza and Carrot Sticks	GFDFSFEF Pizza
Cheese & Tomato Pizza and Carrot Sticks	
Chocolate Muffin	GFDF Chocolate Muffin GFDFSF Blueberry Muffin DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Thursday

Chicken Breast Nuggets, Wedges and Sweetcorn	GF Nuggets
3 Bean Jacket Potato	
Vanilla Ice Cream & Berry Coulis	DF/SF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 2 Friday

Battered Fish, Hashbrown and Peas	GF Fish Fingers
Tomato Soup and Focaccia	DF Tomato Soup and Focaccia GF Roll
Victoria Sponge	GFDFSF Lemon Cake DFEF Victoria Sponge
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 3 Monday

Jacket Potato with Chicken and Bacon Mayo and Carrot Batons	
Jacket Potato Cheese/Beans and Carrot Batons	DF Cheese
Neapolitan Loaf Cake	GFDFSF Angel Cake DFEF Chocolate Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Tuesday

Roast Sausage, Roast Potatoes, Seasonal Vegetables, Gravy	GF Sausage
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Wednesday

Garden Vegetable Burger, New Potatoes and Salad	GF Vegetarian Burger
Garden Vegetable Burger, New Potatoes and Salad	
Peaches and Ice Cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Thursday

Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	GF Meatballs and GF Pasta
Vegetarian Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	GF Pasta
Fruit Salad and Squirty Cream	DFSF Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 3 Friday

Fishcake, Hashbrown and Baked Beans	GF Fish Fingers
Cheese and Onion Pasty, Hashbrown and Baked Beans	DFSFEF Vegan Sausage Roll GF Vegetarian Sausage
Flapjack	Suitable for EF GFDFSF Flapjack
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 4 Monday

Butchers Sausage in a Bun and Cucumber Sticks	GF Sausage and GF Bun
Vegetarian Sausage in a Bun and Cucumber Sticks	GF Bun
Rocky Road	Suitable for EF GFDF Cornflake Clusters GFDFS Bourbon
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Tuesday

Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Apple Shortbread	Suitable for EF GFDFS Apple Pie
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Wednesday

Cheese & Tomato Pizza and Carrot Sticks	GFDFSFEF Pizza
Cheese & Tomato Pizza and Carrot Sticks	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Thursday

Wholegrain Pasta Bolognese and Broccoli	GF Pasta
Jacket Potato and Beans with Cucumber Sticks	DFS Cheese
Cheese and Crackers	DF Cheese and GF Crackers
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 4 Friday

Jumbo Fish Finger, Wedges and Peas	GF Fish Fingers
Pesto and Tomato Pasta	GFDFS Pesto and GF Pasta
Shortbread	Suitable for EF GFDFS Shortbread
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 5 Monday

Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	GF Meatballs and GF Pasta
Vegetarian Meatballs in Tomato Sauce, Wholegrain Pasta and Sweetcorn	SF Tomato Pasta Bake
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Tuesday

Roast Sausage, Roast Potatoes, Seasonal Vegetables and Gravy	GF Sausage
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables & Gravy	
Fruit Jelly and Ice Cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Wednesday

Chicken Nuggets, Wedges and Peas	GF Chicken Nuggets
Vegetable Burger, Wedges and Peas	GF Vegetarian Burger
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Thursday

Wholegrain Pasta with Tomato Sauce and Green Beans	GF Pasta
Wholegrain Pasta with Tomato Sauce and Green Beans	
Swiss Roll	GFDFSF Angel Cake DFEF Chocolate Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 5 Friday

Fishcake, Hashbrown and Baked Beans	GF Fish Fingers
Quorn Nuggets, Hashbrown and Baked Beans	GF Vegetarian Sausage
Jam Doughnut	Doughnut Suitable for DFSFEF GFDFSF Jam Tart
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 6 Monday

Jacket Potato with Chicken and Bacon Mayo and Cucumber Sticks	
Jacket Potato, Cheese/Beans and Cucumber Sticks	DFSF Cheese
Vanilla Ice Cream and Mango Coulis	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Tuesday

Roast Chicken, Roast Potatoes, Seasonal Vegetables & Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Blueberry Muffin	GFDFSF Blueberry Muffin DFEF Biscoff Loaf
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Wednesday

Cheese and Tomato Pizza and Vegetable Sticks	GFDFSF Pizza
Cheese and Tomato Pizza and Vegetable Sticks	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Thursday

Sausage, Mashed Potato and Baked Beans	GF Sausage DFSF Mashed Potato
Vegetarian Sausage, Mashed Potato and Baked Beans	DFSF Mashed Potato
Cheese and Crackers	DFSF Cheese Slice GF Crackers
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 6 Friday

Battered Fish, Potato Wedges and Peas	GF Fish Fingers
Mediterranean Vegetable Gnocchi Bake	GF Pasta DFSF Pasta
Strawberry Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

Week 7 Monday

Butchers Beef Burger in a Bun and Carrot Sticks	GF Burger and GF Bun
Vegetable Burger in a Bun with Carrot Sticks	GF Vegetarian Burger
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Tuesday

Roast Chicken, Roast Potatoes, Seasonal Vegetables and Gravy	
Vegetarian Roast, Roast Potatoes, Seasonal Vegetables and Gravy	
Fruit Jelly & Ice Cream	DFSF Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Wednesday

Chicken Goujons, Hashbrowns and Baked Beans	GF Chicken Goujons
Jacket Potato with Baked Beans and Vegetable Sticks	
Mango and Orange Iced Smoothie	
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Thursday

Sweet and Sour Chicken, Wholegrain Rice and Green Beans	
Jacket Potato with Baked Beans and Cucumber	
Chocolate Muffin	GFDFS Chocolate Muffin DFEF Chocolate Orange Cake
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

Week 7 Friday

Jumbo Fish Finger, Wedges & Peas	GF Fish Fingers
Pesto and Tomato Pasta	GFDFS Pesto and GF Pasta
Mint Chocolate Chip Ice cream	DFS Ice Cream
Fresh Fruit	
Fruit Yogurt	DF/SF Yogurt

LCK Menu 26-27

DELI MONDAY

Sausage Roll, Fruit, Yogurt & Shortbread	GF Ham Roll GFDFSFS Cake / DFEF Biscuits DFSFS Yogurt
Jacket Potato, Cheese and Coleslaw	DFSFS Cheese

DELI TUESDAY

Cheese Packed Lunch, Fruit, Yogurt, Crisps	GFDFSFS Cheese Roll DFSFS Yogurt
Jacket Potato with Tuna & Mackerel Mayo and Cucumber Salad	EF = DF Cheese

DELI WEDNESDAY

Ham Wrap Packed Lunch, Fruit, Yogurt, Cheese and Crackers	GFDFSFS Ham Roll GF Oat Cakes and DF Cheese DFSFS Yogurt
Chicken, Bacon and Sweetcorn Mayo Pasta and Veg Sticks	GF Pasta

DELI THURSDAY

Cheese Packed Lunch, Fruit, Yogurt, Crisps	GFDFSFS Cheese Roll DFSFS Yogurt
Jacket Potato with Tuna & Mackerel Mayo with Cucumber Salad	EF = DF Cheese

DELI FRIDAY

Ham Packed Lunch, Fruit, Yogurt & Cookie	GFDFSFS Ham Roll GFDFSFS Cake / DFEF Biscuits DFSFS Yogurt
Jacket Potato Cheese and/or Baked Beans and Salad	DFSFS Cheese