

SIS-LPEBL KT JANUARY 2020 MENUS

MONDAY 06	TUESDAY 07	THURSDAY 09	FRIDAY 10
Petit Pois soup	Cucumber & sweetcorn salad	Mixed vegetable soup	Green bean salad
Chicken nuggets potato bites & green beans	Beef "Pot au Feu" style with leeks, potatoes & carrots	Vegetarian pizza with salad	Salmon with spinach & pasta
Sweetclem with milk	Yogurt with honey	Chocolate mousse	Bananas with milk
VEGETARIAN OPTION			
Vegan nuggets with potato bites & green beans	Quorn mince "Pot au Feu" style with leeks, potatoes & carrots	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Pears & milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

The 14 allergens are: *eggs, milk, fish, crustaceans (for example crab, lobster, crayfish, shrimp, prawn), molluscs (for example mussels, oysters, squid), peanuts, tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts), sesame seeds, cereals containing gluten (wheat (such as spelt, Khorasan wheat/Kamut), rye, barley, oats, or their hybridised strains), soya, celery and celeriac, mustard, lupin, sulphur dioxide and sulphites (at concentration of more than ten parts per million).*

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MONDAY 13	TUESDAY 14	THURSDAY 16	FRIDAY 17
Mushroom soup	Lentil & pepper salad	Onion soup	Onion & potato salad
Chicken fillets in creamy mustard sauce with leeks & rice	Wholewheat spaghetti bolognese	Red lentil & winter vegetable stew	Fish pasta gratin
Pears with milk	Yogurt with jam	Crème caramel	Apples with milk
VEGETARIAN OPTION			
Vegan chicken fillet in creamy mustard sauce with broccoli & pasta	Quorn mince spaghetti bolognese	-	Quorn vegan fish pasta gratin
SNACK (for Nursery and Reception classes)			
Apples with milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

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MONDAY 20	TUESDAY 21	THURSDAY 23	FRIDAY 24
Sweetcorn soup	Macedoine style salad	Carrot & Butternut soup	Beetroot, sweetcorn & mozzarella salad
Turkey meatballs in orange sauce with broccoli & rice	Beef bourguignon with mash & green beans	Pasta primavera	Fish fingers with creamy courgettes & bulgur
Apples with milk	Yogurt with honey	Cheesecake	Sweetclem & milk
VEGETARIAN OPTION			
Quorn mince in orange sauce with broccoli & rice	Quorn fillets bourguignon style with mash & green beans	-	Quorn vegan fish fingers with creamy courgettes & bulgur
SNACK (for Nursery and Reception classes)			
Bananas with milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

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MONDAY 27	TUESDAY 28	THURSDAY 30	FRIDAY 31
Petit Pois soup	Cucumber & sweetcorn salad	Mixed vegetable soup	Green bean salad
Chicken fillets "Basquaise" style with couscous	Shepherd's pie	Winter vegetable quiche	Cod in hollandaise sauce with broccoli & pasta
Apples with milk	Yogurt with jam	Chocolate mousse	Pears with milk
VEGETARIAN OPTION			
Quorn fillets "Basquaise" style with couscous	Vegetarian mince Shepherd's pie	-	Vegan fish fingers in hollandaise sauce with broccoli & pasta
SNACK (for Nursery and Reception classes)			
Apples with milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

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SIS-LPEBL KT FEBRUARY 2020 MENUS

MONDAY 03	TUESDAY 04	THURSDAY 06	FRIDAY 07
Mushroom soup	Lentil & pepper salad	Onion soup	Onion & potato salad
Chicken nuggets potato bites & green beans	Beef meatballs couscous	Vegetarian pizza with salad	Leek & carrot fish pie
Sweetclems with milk	Yogurt with honey	Crème caramel	Apples with milk
VEGETARIAN OPTION			
Vegan nuggets with potato bites & green beans	Quorn mince couscous	-	Leek & carrot vegan fish pie
SNACK (for Nursery and Reception classes)			
Apples with milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

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MONDAY 10	TUESDAY 11	THURSDAY 13	FRIDAY 14
Sweetcorn soup	Macedoine style salad	Carrot & Butternut soup	Beetroot, sweetcorn & mozzarella salad
Roast chicken with creamy cauliflower & bulgur	Beef "Bourguignon" style with carrots & mash	"Cantonese" style rice	Salmon with roasted leeks, peppers & pasta
Sweetclems with milk	Yogurt with jam		
VEGETARIAN OPTION			
Vegan nuggets with creamy cauliflower & bulgur	Quorn mince "Bourguignon" style with carrots & mash	-	Vegan fish cake with roasted leeks, peppers & pasta
SNACK (for Nursery and Reception classes)			
Pears with milk	Cheese & crackers	Fruit puree & milk	Digestive & dark chocolate

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