

SIS-LPEBL KT SEPTEMBER 2019 MENUS

MONDAY 16	TUESDAY 17	THURSDAY 19	FRIDAY 20
Cucumber salad	Petit pois soup	Green bean salad	Gazpacho
Chicken fillets with potato bites & roasted leeks	Turkey meatballs with cauliflower gratin & bulgur	Vegetarian couscous	Fish parmentier & petits pois
Seasonal fruit with milk	Fruit fromage frais	Crème caramel	Seasonal fruit with milk
VEGETARIAN OPTION			
Vegan chicken fillet with potato bites & roasted leeks	Quorn mince with cauliflower gratin & bulgur	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Seasonal fruit & milk	Cheese & crackers	Fruit puree & milk	Chocolate chip brioche

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 23	TUESDAY 24	THURSDAY 26	FRIDAY 27
Tomato & mozzarella salad	Green bean salad	Cauliflower salad	Petit pois soup
Chicken fillets with ratatouille & rice	Lamb steak in orange sauce with pasta & broccoli	Rice noodles with mixed vegetables	Fish fingers with bulgur & broccoli
Yogurt with jam	Seasonal fruit & milk	Chocolate mousse	Seasonal fruit & milk
VEGETARIAN OPTION			
Vegan chicken fillet with ratatouille & rice	Quorn mince	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Seasonal fruit & milk	Cheese & crackers	Fruit puree & milk	Chocolate chip brioche

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SIS-LPEBL KT OCTOBER 2019 MENUS

MONDAY 30	TUESDAY 01	THURSDAY 03	FRIDAY 04
Tomato & hearts of palm salad	Courgette soup	Tzatziki	Leek & potato soup
Diced chicken with mushroom sauce tagliatelle	Spaghetti bolognese	Carrot & courgette cottage cheese gratin with rice	Salmon pasta with leeks & roasted peppers
Yogurt with honey	Seasonal fruit & milk	Fruit salad with custard & shortbread	Seasonal fruit & milk
VEGETARIAN OPTION			
Quorn pieces with tagliatelle & cream & mushroom sauce	Quorn mince spaghetti bolognese	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Seasonal fruit & milk	Cheese & crackers	Fruit puree & milk	Chocolate chip brioche

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MONDAY 07	TUESDAY 08	THURSDAY 10	FRIDAY 11
Greek salad	Petit pois soup	Beetroot, sweetcorn & mozzarella salad	Seasonal vegetable soup
Chicken macaroni cheese gratin with green beans	Diced beef in carrot & swede stew with mash potatoes	Mediterranean vegetable quiche	Fish fillets in hollandaise sauce with leeks & rice
Yogurt with jam	Seasonal fruit & milk	Chocolate mousse	Seasonal fruit & milk
VEGETARIAN OPTION			
Quorn pieces macaroni cheese gratin with green beans	Quorn mince in carrot & swede stew with mash potatoes	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Seasonal fruit & milk	Cheese & crackers	Fruit puree & milk	Chocolate chip brioche

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MONDAY 14	TUESDAY 15	THURSDAY 17	FRIDAY 18
Little gem & cheddar salad	Courgette soup	Lentils & peppers salad	
Chicken nuggets with potato bites	Beef stew basquaise style with rice	Rice noodles with mixed vegetables	Halloween surprise menu
Yogurt with honey	Seasonal fruit & milk	Crème caramel	
VEGETARIAN OPTION			
Quorn nuggets with potato bites	Quorn mince stew basquaise style with rice	-	
SNACK (for Nursery and Reception classes)			
Seasonal fruit & milk	Cheese & crackers	Fruit puree & milk	

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