

SIS-LPEBL KT NOVEMBER 2019 MENUS

MONDAY 04	TUESDAY 05	THURSDAY 07	FRIDAY 08
Mixed vegetable soup	Cucumber & sweetcorn salad	Red lentil soup	Tabouleh
Chicken nuggets potato bites & green beans	Beef meatballs with tomato sauce whole wheat spaghetti	Vegetable quiche with garlic spinach	Cod with mediterranean vegetable & rice
Sweetclem with milk	Yogurt with honey	Crème caramel	Apples with milk
VEGETARIAN OPTION			
Vegan nuggets with potato bites & green beans	Quorn mince with tomato sauce whole wheat spaghetti	-	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).*

SIS-LPEBL KT NOVEMBER 2019 MENUS

MONDAY 11	TUESDAY 12	THURSDAY 14	FRIDAY 15
Carrot & Butternut soup	Beetroot, sweetcorn & mozzarella salad	Leek & potato soup	Green bean salad
Turkey in creamy mustard sauce with broccoli & pasta	Carrot & winter vegetable beef stew with mash potato	Courgette, onion & cottage cheese gratin with rice	Fish fingers with petit pois & couscous
Bananas with milk	Yogurt with jam	Chocolate mousse	Pears with milk
VEGETARIAN OPTION			
Vegan chicken fillet n creamy mustard sauce with broccoli & pasta	Quorn mince Carrot & winter vegetable Quorn mince stew with mash potato	-	Quorn vegan fish fingers with petit pois & couscous
SNACK (for Nursery and Reception classes)			
Apples with 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).*

SIS-LPEBL KT NOVEMBER 2019 MENUS

MONDAY 18	TUESDAY 19	THURSDAY 21	FRIDAY 22
Mushroom soup	Lentil & pepper salad	Petit pois soup	Salad "Macedoine"
Chicken "basquaise" style with rice	Duck fillets in sweetclem sauce with pasta & green beans	Lentil, swede, sweet potato & carrot casserole	Spinach & salmon pasta
Apples with milk	Yogurt with honey	Crème caramel	Seasonal fruit & milk
VEGETARIAN OPTION			
Quorn pieces "basquaise" style with rice	Quorn fillets in sweetclem sauce with pasta & green beans	-	Quorn vegan fish fingers
SNACK (for Nursery and Reception classes)			
Bananas with 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).

SIS-LPEBL KT NOVEMBER 2019 MENUS

MONDAY 25	TUESDAY 26	THURSDAY 28	FRIDAY 29
Onion soup	Cauliflower salad	Mixed vegetable soup	Cucumber & sweetcorn salad
Chicken croque-monsieur with petit pois	Beef bourguignon with bulgur & courgettes	Rice noodles with mixed vegetables	Cod in hollandaise sauce with broccoli & mash potato
Sweetclem with milk	Yogurt with jam	Chocolate mousse	Apples with milk
VEGETARIAN OPTION			
Vegetarian croque-monsieur with petit pois	Bourguignon Quorn pieces with bulgur & courgettes	-	Quorn vegan fish fingers in hollandaise sauce with broccoli & mash potato
SNACK (for Nursery and Reception classes)			
Peras with 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).

SIS-LPEBL KT DECEMBER 2019 MENUS

MONDAY 02	TUESDAY 03	THURSDAY 05	FRIDAY 06
Petit pois soup	Tabouleh	Carrot & Butternut soup	Beetroot, sweetcorn & mozzarella salad
Chicken with roasted peppers & leeks with couscous	Lamb steak with potato bites & brussel sprouts	Vegetarian pizza with salad	Fish fingers with petit pois & couscous
Bananas with milk	Yogurt with honey	Crème caramel	Sweetclem
VEGETARIAN OPTION			
Quorn pieces roasted peppers & leeks with couscous	Quorn mince with potato bites & brussel sprouts	-	Quorn vegan fish fingers with petit pois & couscous
SNACK (for Nursery and Reception classes)			
Apples with 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).

SIS-LPEBL KT DECEMBER 2019 MENUS

MONDAY 09	TUESDAY 10	THURSDAY 12	FRIDAY 13
Leek & potato soup	Green bean salad	Mushroom soup	Lentil & pepper salad
Chicken nuggets potato bites & green beans	Beef parmentier	Pasta primavera	Spinach & salmon pasta
Apples with milk	Yogurt with jam	Crème caramel	Sweetclem
VEGETARIAN OPTION			
Vegan nuggets with potato bites & green beans	Quorn mince parmentier	-	Spinach Quorn vegan fish fingers pasta
SNACK (for Nursery and Reception classes)			
Apples with 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).*

SIS-LPEBL KT DECEMBER 2019 MENUS

MONDAY 16	TUESDAY 17	THURSDAY 19	
Red lentil soup	Salad "Macedoine"		
Turkey in creamy mustard sauce with broccoli & pasta	Spaghetti bolognese with broccoli	CHRISTMAS	
Sweetclems with milk	Yogurt with honey		
VEGETARIAN OPTION			
Vegan nuggets with potato bites & green beans	Quorn mince spaghetti bolognese	LUNCH	
SNACK (for Nursery and Reception classes)			
Pears with milk	Cheese & crackers		

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).*