

CALDERWOOD LODGE PRIMARY SCHOOL LUNCH MENU

Oct 2023–24



23/10, 13/11, 4/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Golden Breaded Fish with chips & garden peas (F) (F) (G) (E)	Oriental Vegetable Singapore Noodles with quorn (V) (G) (E) (S)	Quorn in Gravy with Yorkshire pudding, baby boils & carrots (V) (G) (E)	Macaroni with mature cheddar cheese, herby bread & mixed salad (V) (G) (M)	Chickpea, Sweet Potato & Spinach Curry with wild rice & green beans (V) (S)
Main 2	Cheddar Cheese Toastie with sweet potato wedges, shredded lettuce & grated carrot (V) (G) (M) (S)	Freshly Made Sausage Roll with mashed potatoes & baked beans (V) (G) (S) (E) (MU) (SE) (C)	Margherita Pizza with diced potatoes & crunchy coleslaw (V) (G) (M)	Breaded Fish Fingers with creamy mashed potatoes & baked beans (F) (G) (F) (E)	Sweetcorn Grill in Bun with hash brown & sliced tomato (V) (C) (E) (G) (MU) (S)

30/10, 20/11, 11/12, 1/01, 22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Falafel in a Warm Wrap with mixed salad (V) (G) (E)	Savoury Meat Free Meatballs with pasta in tomato sauce & sweetcorn (V) (C) (E) (G) (MU)	Traditional Quorn Pie with new boils & sliced carrots (V) (E) (G)	Vegetable Curry with wild rice & garden peas (V)	Breaded Fish Goujons with spicy seasoned wedges & sweetcorn (F) (F) (G)
Main 2	Roasted Tomato & Red Pepper Pasta with seasonal vegetables & herby bread (V) (G) (M)	Cheesy Beans with diced potatoes & crunchy salad (V) (G) (M)	Vegi Bites with tortilla wrap & mixed salad (V) (C) (E) (G) (MU) (S)	Margherita Pizza with seasoned wedges & crunchy coleslaw (V) (G) (M) (SU)	Hot Dog in a Finger Roll with relish & cherry tomatoes (V) (G) (E)

06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Free Range Omelette with diced potatoes & baked beans (V) (E) (M)	Macaroni with mature cheddar cheese sauce, herby bread & garden peas (V) (G) (M)	Nut Free Quorn Satay with wild rice & sliced peppers (V)	Quorn Bolognese with garlic bread & green beans (V) (G) (E)	Vegetarian Sausages in Onion Gravy with mashed potatoes & broccoli (V) (G) (SU) (E) (S)
Main 2	Tomato Pasta with roasted vegetables & garlic bread (V) (G)	Breaded Fish Fingers with pitta bread, shredded lettuce & mayonnaise (F) (G) (F) (E)	Margherita Pizza with seasoned wedges & crunchy coleslaw (V) (G) (M)	Cheddar Cheese Panini with diced potatoes & summer corn salad (V) (G) (M)	Crispy Vegetable Burger in a Warm Bun with sweet potato wedges & shredded lettuce (V) (E) (G) (MU) (S) (SE)

DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Starter included with all meal choices	Golden Lentil & Vegetable Soup with bread selection (C) (G) (S)	Crackers & Cheese with sliced apple (G) (M)	Vegetable Noodle Soup with bread selection (G) (C) (S)	Melon Slices with bread selection (G) (S)	Spring Vegetable Soup with bread selection (C) (G) (S)
Filled Baked Potatoes Filled Sandwiches Baguettes Served with salad	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Flaked Salmon (F)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Flaked Salmon (F)
Dessert included with all meal choices	Fresh Fruit Platter	Ice Cream & Fresh Fruit (V)	Fresh Fruit Platter	Chocolate Brownie (G) (E) (M)	Fresh Fruit Platter

ALL MEALS INCLUDE EACH OF THE FOLLOWING OPTIONS:

- STARTER AND DESSERT
- DRINK OPTION INCLUDING: PLAIN MILK OR WATER
- CRUDITIES PORTION: SLICED PEPPERS, BABY CORN, CUCUMBER, 1/2 CHERRY TOMATOES

HALAL ALTERNATIVES ARE AVAILABLE FOR ALL HOT MEAL CHOICES ON RECEIPT OF A CULTURAL DIET MEAL REQUEST FORM.

ALLERGIES: GLUTEN (G) CELERY (C) EGG (E) FISH (F) LUPIN (L) MILK (M) MUSTARD (MU) NUTS (N) PEANUTS (PN) SESAME (SE) SOYA (S) SULPHITES (SU)

PRODUCTS: VEGAN (VE) VEGETARIAN (V) FISH (F). MAY CONTAINS ARE NOT INCLUDED. IF YOU REQUIRE FURTHER ALLERGY INFORMATION, PLEASE SPEAK TO A MEMBER OF THE CATERING STAFF.

PLEASE NOTE: AFTER ANY HOLIDAY THE 1ST DAY BACK WILL ALWAYS BE THE MONDAY MENU AND THEN THE NORMAL DAYS WILL FOLLOW ITEMS.

