

LUNCH MENU

EASTLEA PRIMARY SCHOOL

WEEK ONE

- Homemade Dish
- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Turkey dinosaurs 	Chicken curry with Naan bread 	Roast of the Day with Yorkshire Pudding and gravy 	Meatballs 	Cheese and tomato pizza
Potatoes Pasta/Rice	Savoury wedges 	Rice 	Roast potatoes 	Pasta 	Chips
Vegetables	Peas	Sweetcorn	Seasonal vegetables	Mixed vegetables	Baked Beans / Garden Peas
Salad Bowl	Seasonal Salad	Seasonal Salad		Seasonal Salad	Seasonal Salad
Starters or Sweets	Tray bake and milkshake 	Cheesecake 	Crackers with cheese/jam 	Apple crumble and cream 	Choc ice



Fresh Fruit & Yoghurt available daily
Drinking water/fruit squash is available daily on the dining room tables



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WEEK TWO

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- Celery
- Cereals Containing Gluten
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	<u>Healthy Oven Cooked ALL DAY BREAKFAST</u> Choice of bacon, sausage or ham Scrambled egg 	Chicken chow mein prawn crackers and curry sauce 	Roast of the Day with Yorkshire Pudding and gravy 	Chicken wrap with mayo, sweet chilli or BBQ sauce 	Fish fingers
Potatoes Pasta / Rice	Potato waffle 	Noodles 	Roast Potatoes	Rice 	Chips
Vegetables	Baked beans Tomatoes Mushrooms	Sweetcorn	Seasonal vegetables	Mixed veg	Baked Beans / Garden Peas
Salad Bar		Seasonal Salad		Seasonal Salad	Seasonal Salad
Starters or Sweets	Traybake and milkshake 	Chocolate muffin 	Jelly and ice-cream 	Biscuits 	Arctic roll



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WEEK THREE

Homemade Dish	Lupin	Sesame Seeds
Celery	Milk	Soya
Cereals Containing Gluten	Molluscs	Sulphur Dioxide
Crustaceans	Mustard	
Eggs	Nuts	
Fish	Peanuts	

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Mild chilli 	'Toad in the hole' 	Roast of the Day and gravy 	Spaghetti bolognaise 	Oven baked sausages
Potatoes Pasta / Rice	Rice 	Mashed potato 	Roast Potatoes	Pasta 	Chips
Vegetables	Sweetcorn	Garden peas	Seasonal vegetables	Mixed vegetables	Baked Beans / Garden Peas
Salad Bar	Seasonal Salad	Seasonal Salad		Seasonal Salad	Seasonal Salad
Starters or Sweets	Traybake and milkshake 	Crispy cake 	Angel delight 	Chocolate cake with chocolate sauce 	99 ice cream tub



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