

## SCHOOL DINNER MENU

## Autumn Term 2018



|  | WEEK 1                                       | WEEK 2  |                 |  |  |  |  |  |  |  |
|--|--|---|-----------------|--|--|--|--|--|--|--|
|  | Monday                                       | Monday  |                 |  |  |  |  |  |  |  |
|  |  | Cheese & Tomato Pizza                                     |                 |  |  |  |  |  |  |  |
|  | Chiese Wheels                                |   |                 |  |  |  |  |  |  |  |
|  | Chips & Beans                                | Wedges & Beans  |                 |  |  |  |  |  |  |  |
|  | Wholemeal Bread                              | Of Tookst Datata with Cilling                             |                 |  |  |  |  |  |  |  |
|  | or   | Jacket Potato with Filling                                |                 |  |  |  |  |  |  |  |
|  | Jacket Potato with Filling                   | ~<br>[]:  |                 |  |  |  |  |  |  |  |
|  | Chambaalta & Custand                         | Flapjack  |                 |  |  |  |  |  |  |  |
|  | Shortcake & Custard                          | or  |                 |  |  |  |  |  |  |  |
|  | Vechunt on Energh Envit                      | Yoghurt or Fresh Fruit                                    |                 |  |  |  |  |  |  |  |
|  | Yoghurt or Fresh Fruit                       | Tuesday   |                 |  |  |  |  |  |  |  |
|  | Tuesday                                      | Tuesday   |                 |  |  |  |  |  |  |  |
|  | Minced Beef                                  | Pasta Bolognese   |                 |  |  |  |  |  |  |  |
|  | Mashed Potato, Carrots & Cauliflower         | Carrots & Green Beans                                     |                 |  |  |  |  |  |  |  |
| te                                       | Homemade Bread                               | Garlic Bread  |                 |  |  |  |  |  |  |  |
| ga                                       | or   | or  |                 |  |  |  |  |  |  |  |
| 5  | Jacket Potato with Filling                   | Jacket Potato with Filling                                | Fresh Fruit and |  |  |  |  |  |  |  |
| Į  | Cost and Cost on District                    | Charalata Fada a Baddina & Costand                        | <               |  |  |  |  |  |  |  |
| 7  | Custard Cream Biscuit                        | Chocolate Fudge Pudding & Custard                         | ege             |  |  |  |  |  |  |  |
| Ŋ  | or   | or  | etα             |  |  |  |  |  |  |  |
| 00                                       | Yoghurt or Fresh Fruit                       | Yoghurt or Fresh Fruit                                    | Vegetables      |  |  |  |  |  |  |  |
| cally Sourced from Gilmoors of Harrogate | Wednesday Chicken Korma & White Rice         | Wednesday Chiekan in Chang Dia                            |                 |  |  |  |  |  |  |  |
| 9  |  | Chicken in Gravy Pie<br>Mashed Potato, Carrots & Broccoli | Sourced         |  |  |  |  |  |  |  |
| JO.                                      | Mixed Vegetables & Green Beans<br>Naan Bread | Wholemeal Bread   |                 |  |  |  |  |  |  |  |
| fr                                       | or   | or  | ğ               |  |  |  |  |  |  |  |
| )<br>eq                                  | Jacket Potato with Filling                   | Jacket Potato with Filling                                | T T             |  |  |  |  |  |  |  |
| Ž  | ~  | ~   | ž               |  |  |  |  |  |  |  |
| So                                       | Chocolate Sponge & Custard                   | Plain Sponge & Custard                                    | from Stuarts    |  |  |  |  |  |  |  |
| <u>~</u>                                 | or   | or  |                 |  |  |  |  |  |  |  |
| SC                                       | Yoghurt or Fresh Fruit                       | Yoghurt or Fresh Fruit                                    |                 |  |  |  |  |  |  |  |
| Fresh Meat Lo                            | Thursday                                     | Thursday  |                 |  |  |  |  |  |  |  |
| εαt                                      | Sausages & Gravy                             | Sausages & Gravy  | Foods of        |  |  |  |  |  |  |  |
| Š  | Mashed Potato, Carrots & Broccoli            | Mashed Potato, Mixed Veg & Cauliflower                    | Q.              |  |  |  |  |  |  |  |
| sh                                       | Homemade Bread                               | Homemade Bread  |                 |  |  |  |  |  |  |  |
| 5  | or   | or  | Ω               |  |  |  |  |  |  |  |
| _  | Jacket Potato with Filling                   | Jacket Potato with Filling                                | Scarborough     |  |  |  |  |  |  |  |
|  | ~  | ~   | 3               |  |  |  |  |  |  |  |
|  | Fruit Salad & Toffee Yogurt                  | Digestive Biscuit, Cheese & Grapes                        | <u>l</u>        |  |  |  |  |  |  |  |
|  | or   | or  | د               |  |  |  |  |  |  |  |
|  | Yoghurt or Fresh Fruit                       | Yoghurt or Fresh Fruit                                    |                 |  |  |  |  |  |  |  |
|  | Friday                                       | Friday  |                 |  |  |  |  |  |  |  |
|  | Salmon Steak & Tomato Sauce                  | Fish Fingers & Tomato Sauce                               |                 |  |  |  |  |  |  |  |
|  | Chips, Peas & Sweetcorn                      | Chips, Peas & Sweetcorn                                   |                 |  |  |  |  |  |  |  |
|  | Crusty Bread                                 | Crusty Bread  |                 |  |  |  |  |  |  |  |
|  | or   | or  |                 |  |  |  |  |  |  |  |
|  | Jacket Potato with Filling                   | Jacket Potato with Filling                                |                 |  |  |  |  |  |  |  |
|  | ~  | ~   |                 |  |  |  |  |  |  |  |
|  | Iced Yogurt                                  | Arctic Roll and Manderines                                |                 |  |  |  |  |  |  |  |
|  | or   | or  |                 |  |  |  |  |  |  |  |
|  | Yoghurt or Fresh Fruit                       | Yoghurt or Fresh Fruit                                    |                 |  |  |  |  |  |  |  |

## DISHES AND THEIR ALLERGEN CONTENT – GLADSTONE ROAD PRIMARY SCHOOL

|        |              | DISHES (with allergens)   |        |                           |             |          | De.  | Lupin<br>Flour | Milk     |         | MUSTARD |                    |         | Manual Control of Cont |      | Beer WNE           |
|--------|--------------|---|--------|---------------------------|-------------|----------|------|----------------|----------|---------|---------|--------------------|---------|--|------|--------------------|
|        |              | The foods below are some or all of the menu items for each day. Unlisted items do not contain identified allergens. | Celery | Cereals containing gluten | Crustaceans | Eggs     | Fish | Lupin          | Milk     | Mollusc | Mustard | Nuts               | Peanuts | Sesame seeds   | Soya | Sulphur<br>Dioxide |
|        | Every<br>day | Bread   |        | <b>✓</b>                  |             |          |      |                | <b>✓</b> |         |         |                    |         |  |      |                    |
| Week 1 |              | Yoghurts  |        |                           |             |          |      |                | <b>√</b> |         |         |                    |         |  |      |                    |
|        | Mon          | Cheese Wheels   |        | ✓                         |             | ✓        |      |                | <b>√</b> |         |         |                    |         |  |      |                    |
|        |              | Shortcake & Custard   |        | ✓                         |             | ✓        |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Tues         | Minced Beef   |        |                           |             |          |      |                |          |         |         |                    |         |  |      |                    |
|        | rues         | Custard Cream Biscuit   |        | ✓                         |             | ✓        |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Wed          | Chicken Korma & White Rice  |        |                           |             |          |      |                | ✓        |         |         | <b>√</b><br>almond |         |  |      |                    |
|        |              | Chocolate Sponge & Custard  |        | ✓                         |             | ✓        |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Thur         | Sausages & Gravy  |        | ✓                         |             |          |      |                |          |         |         |                    |         |  |      |                    |
|        |              | Fruit Salad & Toffee Yogurt   |        |                           |             |          |      |                | ✓        |         |         |                    |         |  |      |                    |
|        |              | Salmon Steak & Tomato<br>Sauce  |        | <b>√</b>                  |             | ✓        | ✓    |                | ✓        |         |         |                    |         |  |      | ✓                  |
|        |              | Arctic Roll & Manderines  |        | ✓                         |             |          |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Mon          | Cheese & Tomato Pizza   |        | <b>√</b>                  |             |          |      |                | <b>√</b> |         |         |                    |         |  |      |                    |
| Week 2 |              | Flapjack  |        | <b>√</b>                  |             |          |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Tues         | Pasta Bolognese   |        | ✓                         |             |          |      |                |          |         |         |                    |         |  |      |                    |
|        |              | Chocolate Fudge Pudding & Custard   |        | <b>√</b>                  |             | <b>✓</b> |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Wed          | Chicken in Gravy Pie  |        | ✓                         |             | ✓        |      |                | ✓        |         |         |                    |         |  |      |                    |
|        |              | Plain Sponge & Custard  |        | ✓                         |             | ✓        |      |                | ✓        |         |         |                    |         |  |      |                    |
|        | Thurs        | Sausage & Gravy   |        | ✓                         |             |          |      |                |          |         |         |                    |         |  |      |                    |
|        |              | Digestive Biscuit, Cheese & Grapes  |        | ✓                         |             |          |      |                | ✓        |         |         |                    |         |  |      | ✓                  |
|        | Fri          | Fish Fingers & Tomato Sauce   |        | ✓                         |             | ✓        | ✓    |                | ✓        |         |         |                    |         |  |      |                    |
|        |              | Arctic Roll & Manderins   |        | ✓                         |             |          |      |                | ✓        |         |         |                    |         |  |      |                    |