

Stone Bay School Menu

Week One Menu	Monday	Allergen	Tuesday	Allergens	Wednesday	Allergens	Thursday	Allergens	Friday	Allergens
First Option	Pork Sausages	G Su	Savoury chicken rice		Roast chicken with stuffing	G	Pasta bolognese	G D SU	Breaded Fish	F G
Vegetarian Option	Quorn Sausages	G SU SB	Savoury vegetable rice		Quorn fillet	E	Quorn bolognese wih cheese	G D E	Vegetable Nuggets	G MU
Second Option	Home made salmon and ketchup fish cake	G E F	Cheese and ham salad pasta bowl	G D E	Meat loaf with bbq sauce	G E MU SU	sweet and sour chicken with noodles	G	Breaded chicken breast	G MU
Side Dish	New potatoes or Hash brown		Naan bread	G	Roast potatoes or new potatoes		Garlic bread	G D	Chips	
Vegetables	Baked Beans or Tinned Tomatoes		Mixed veg		Selection of Vegetables		Mixed vegetables		Peas or Baked Beans	
Other Option	Jacket potato with tuna or baked beans and cheese	F D	Jacket potato wih tuna or cheese and beans	D F	Jacket Potato (with Tuna or Baked Beans and Cheese)	D F	Jacket potato with tuna or baked beans and cheese	D F	Jacket potato with tuna or baked beans	D F
Or	Cheese or ham baguette	G D	Cheese or ham roll	D G	Cheese or ham sandwich	G D	Cheese or ham baguette	G D	Cheese or ham sandwich	G D
	Salad	C	Salad	C	Salad	C	Salad	C	Salad	C
	Bread	G	Bread	G	Bread	G	Bread	G	Bread	G
Dessert	Rice pudding and peaches	D	Chocolate beetroot brownie	G D E	Iced Bun	G E	Apple muffin	F	Oat Cookie	G
Or	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D	Piece of Fresh Fruit or Yoghurt	D

This menu will be repeated w/c Jan 8th, 29th, feb 19th, March 11th, April 15th, May 6th, June 3rd, July 15th

IF YOU FEEL YOUR CHILD WILL REQUIRE A MID-MORNING SNACK PLEASE COULD YOU SEND IN A "HEALTHY" OPTION FOR THEM

ALERGEN CODES	G = GLUTEN	S = SESAME	SB = SOYA BEANS	E = EGG	Mo = MOLLUSCS	N = NUTS	C = CELERY
	D = DAIRY	L = LUPIN	Cr = CRUSTACEAN	F = FISH	Su = SULPHITES	P = PEANUTS	Mu = MUSTARD