

Runnymede Lunch Menu - Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Grilled Pork Sausage Served with Onion Gravy Contains wheat	Beef Bolognese Fusilli Bake Minced Beef in a Tomato sauce with onions and mushrooms Contains wheat and tomato	Lamb Burger Lyonnaise Oven baked burger with onions served in a white bread bap Contains wheat	Cottage Pie Savoury Minced Beef with a fluffy potato topping Contains wheat	Breaded Fish Fingers Fish Fillet in coated Breadcrumbs Contains wheat
Vegetarian	Vegetable Casserole and Yorkshire Pudding Braised Vegetables in Creamy cheese sauce Contains egg and Wheat	Quorn and Vegetable Stir Fry Quorn mixed with Chinese vegetables served with rice Contains egg and soya product	Cheese Onion and Basil Quiche Savoury Egg Custard Tart Contains egg and wheat product	Jamaican Vegetable Pattie and Chilli Dip Lightly spiced vegetables in puff pastry and served with a chilli dip Glazed with milk	Spinach and Red Onion Pitta Bread Pizza A flat bread with a savoury topping Tomato based contains wheat
Sandwich Offer	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains Wheat	Ham Turkey Tuna Cheese Contains wheat
Carbohydrate	Creamed Potato Contains milk	Garlic Bread Contains wheat	Potato Wedges	Braised Rice or French Bread Contains wheat	Chipped potatoes
Vegetables	Sliced Carrots Mixed Salad	Sweetcorn Mixed Salad	Garden Peas Mixed Salad	Green Cabbage Mixed Salad	Baked Beans Mixed Salad
Dessert	Sunshine Rice Pudding Jam Sauce Contains seeds and milk Yoghurt Bar	Flapjack and Custard Contains egg soya and milk Yoghurt Bar	Baked Syrup Sponge and Custard Contains wheat egg and milk Yoghurt Bar	Apple Crumble and Custard Contains wheat and milk Yoghurt Bar	Chocolate Muffin Contains Milk Egg, Soya Gluten wheat Yoghurt Bar



Runnymede Lunch Menu - Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork, Pineapple Stir Fry Diced Pork meat with pineapple ginger, sweet chilli and spring onion served with braised rice Contains soya	Beef Madras Beef with tomatoes, peppers, onions in a medium curry sauce Contains wheat and Tomatoes	Spaghetti Bolognese Minced Beef in a Tomato and herb sauce served with pasta Contains wheat and tomato	Roast Chicken Thigh Served with Sage and Onion Stuffing and Gravy Contains wheat	Cod Goujons Cod Strips in a light coated batter Contains wheat and egg
Vegetarian	Cheese and Tomato Pasta Bake Pasta in a tomato sauce topped with cheese Contains wheat and tomatoes	Junior Spanish Omelette Egg combined with onion potato and peppers Contains egg	Bean and Vegetable Loaf Courgettes, Italian Bean peas and herbs in puff pastry Contains tomato, wheat, milk	Ciabatta Cheese and Tomato Pizza Mozzerella cheese on oregano tomato base Contains wheat, tomato	Caribbean Vegetable Curry Sweet potato, pineapple black eyed bean, tomato banana and spices served with boiled rice Contains tomato
Sandwich Offer	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat	Ham Turkey Tuna Cheese Contains wheat
Carbohydrate	Braised Rice or Garlic Bread	Boiled Rice or Saute Potatoes	Garlic Bread or Croquette Potatoes	Roasted Potatoes	Chips or Boiled Rice
Vegetables	Baton Carrots Mixed Salad	Sweetcorn Mixed Salad	Broccoli Mixed Salad	Farmhouse Vegetables Spaghetti Hoops Mixed Salad	Peas Mixed Salad
Dessert	Chocolate Mousse Contains gelatine Yoghurt Bar Fresh Fruit	Apple Pie with Custard Wheat, milk glaze Yoghurt Bar Fresh Fruit	Strawberry Smoothie Yoghurt Bar Fresh Fruit	Chocolate Sponge Choc Sauce Contains egg, wheat, milk Yoghurt Bar Fresh Fruit	Marbled Sponge Custard Sauce Contains egg, wheat, milk Yoghurt Bar Fresh Fruit



Runnymede Lunch Menu - Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	<p>Shepherds Pie Savoury Minced Lamb with a creamed potato topping</p> <p>Contains wheat</p>	<p>Casseroled Lamb and Yorkshire Pudding Oven cooked diced lamb with carrots onion and diced potato</p> <p>Contains wheat and egg</p>	<p>Homemade Beef Burger Served in a fresh bap</p> <p>Contains wheat and egg</p>	<p>Italian Meat Balls Pork meat balls in a tomato and herb sauce served with Rice</p> <p>Contains tomato breadcrumb, wheat flour</p>	<p>Fish Finger Fish fillet in Breadcrumbs</p> <p>Contains wheat</p>
Vegetarian	<p>Quorn Sausage Casserole Braised Vegetarian Sausage with mushrooms onions and peppers</p> <p>Contains egg, milk, gluten wheat</p>	<p>Roasted Vegetable Lasagne Layers of pasta and vegetables in a herby tomato sauce topped with a cheese sauce topping</p> <p>Contains wheat, tomatoes</p>	<p>Macaroni Bake Pasta in a creamy cheese sauce</p> <p>Contains wheat, milk</p>	<p>Vegetable Korma Chick peas. Peppers mushrooms cauliflower and onions in a mild coconut curry sauce</p> <p>Contains nuts</p>	<p>Cheese and Tomato Quiche Savoury egg tart</p> <p>Contains wheat, egg, milk</p>
Sandwich Offer	<p>Ham Turkey Tuna Cheese</p> <p>Contains wheat</p>	<p>Ham Turkey Tuna Cheese</p> <p>Contains wheat</p>	<p>Ham Turkey Tuna Cheese</p> <p>Contains wheat</p>	<p>Ham Turkey Tuna Cheese</p> <p>Contains wheat</p>	<p>Ham Turkey Tuna Cheese</p> <p>Contains wheat</p>
Carbohydrate	Spicy Jacket Wedges	Baby Boiled Potatoes or Garlic Bread	Croquette Potatoes	Boiled Rice or Hash Browns	Oven Baked Chips
Vegetables	Sweetcorn Mixed Salad	Spring Greens Mixed Salad	Garden Peas Mixed Salad	Broccoli Mixed Salad	Baked Beans Mixed Salad
Dessert	<p>Baked Fruit Sponge with Custard</p> <p>Contains Egg wheat</p> <p>Yoghurt Bar Fresh Fruit</p>	<p>Chocolate Chip Pudding and Custard Sauce</p> <p>Contains Egg, Wheat</p> <p>Yoghurt Bar Fresh Fruit</p>	<p>Raspberry Ripple Mousse</p> <p>Contains Gelatine</p> <p>Yoghurt Bar Fresh Fruit</p>	<p>Cherry Crumble with Custard</p> <p>Contains Milk, Wheat</p> <p>Yoghurt Bar Fresh Fruit</p>	<p>Jam Tart and Custard</p> <p>Contains Seeds Wheat and Milk</p> <p>Yoghurt Bar Fresh Fruit</p>



Runnymede Lunch Menu - Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Homemade Chicken and Vegetable Pie Chicken and vegetables with a pastry Topping <i>Contains wheat gluten</i>	Sweet and Sour Turkey Diced turkey in a sweet pineapple and pepper sauce <i>Contains tomatoes</i>	Traditional Beef Lasagne Layers of pasta in beef bolognese sauce <i>Contains wheat, tomatoes, milk</i>	Cowboy Bake Pork Sausage and baked beans with a mashed potato topping <i>Contains tomato, milk, wheat</i>	Battered Cod Goujons Tomato Sauce Cod Strips in a light coated Batter <i>Contains Wheat ,egg</i>
Vegetarian	Vegetable Samosa Mint Yoghurt Dip Vegetables, Indian Spices wrapped in a filo pastry <i>Contains wheat gluten</i>	Cheese and Onion Pasty Cheese and creamy onions in puff pastry <i>Contains egg, milk , wheat, gluten</i>	Jacket Potato Baked Beans Oven baked potato with baked beans in a tomato sauce <i>Contains tomato</i>	Broccoli and Cauliflower Bake Vegetables in a white sauce, cheese topped and oven baked <i>Contains wheat, milk</i>	Vegetable Fajita Flour tortilla with vegetables and spices served with a salsa sauce and natural yoghurt <i>Contains wheat, gluten, tomato</i>
Sandwich Offer	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains Wheat</i>	Ham Turkey Tuna Cheese <i>Contains Wheat</i>	Ham Turkey Tuna Cheese <i>Contains Wheat</i>	Ham Turkey Tuna Cheese <i>Contains Wheat</i>
Carbohydrate	Savoury Rice or Jacket Wedges	Boiled Rice Potato Mids	Saute Potatoes	Garlic Bread	Chips
Vegetables	Garden Peas Mixed Salad	Spring Greens Baked Beans Mixed Salad	Sweetcorn Mixed Salad	Green Beans Mixed Salad	Baked Beans Mixed Salad
Dessert	Bakewell Tart with Custard <i>Contains wheat ,egg, nut seeds milk</i> Yoghurt Bar Fresh Fruit	Shortbread <i>Contains wheat</i> Yoghurt Bar Fresh Fruit	Rhubarb Crumble with Custard Sauce <i>Contains wheat milk</i> Yoghurt Bar Fresh Fruit	Apple Sponge with Custard Sauce <i>Contains wheat egg milk</i> Yoghurt Bar Fresh Fruit	Strawberry Jelly <i>Contains Gelatine</i> Yoghurt Bar Fresh Fruit



