

Exwick Height Primary School
Summer Term Menu 2020

WEEK 1: 01/06,15/06,29/06,13/07

WEEK 2: 08/06,22/06,06/07,20/07

Monday	M	Sausage Roll	M	Ham or Tuna Sandwich
	V	Cheese & Onion Slice	V	Cheese or Egg Sandwich
	S	Oven baked potato waffle/smiley face, Salad & Veg Sticks	S	Salad & Vegetable Sticks
	P	Shortbread , portion of fruit	P	Shortbread Cookie, Yoghurt , Piece of Fruit
Tuesday	M	Southern Coated Chicken in a Bun	M	Ham & Cheese Pasta Pot
	V	Quorn Vege Burger in a Bun	V	Cheesy Pasta Pot
	S	Oven Baked Jacket Wedges , Salad & Veg Sticks	S	Salad & Vegetable Sticks
	P	Orange and Mango Smoothie, Piece of Fruit	P	Strawberry Mousse , Piece of Fruit
Wednesday	M	Ham or Tuna Wrap	M	Ham or Tuna Wrap
	V	Cheese or Egg Wrap	V	Cheese or Egg Wrap
	S	Salad & Veg Sticks	S	Salad & Veg Sticks
	P	Custard Cookie, Yoghurt or Piece of Fruit	P	Chocolate Cookie , Yoghurt or Piece of Fruit
Thursday	M	Ham or Tuna Sandwich	M	Mini Cornish Pasty
	V	Cheese or Egg Sandwich	V	Mini Cheese & Onion Pasty
	S	Salad & Vegetable Sticks	S	Oven baked potato waffle/smiley face, Salad & Veg Sticks
	P	Chocolate Cookie , Yoghurt or Piece of Fruit	P	Orange and Mango Smoothie, Piece of Fruit
Friday	M	Fish Finger	M	Local Pork Sausage
	V	Quorn Chicken Bites	V	Quorn sausage
	S	Chips	S	Chips
	P	Pip Ice Lolly, Piece of Fruit	P	Pip Ice Lolly, Piece of Fruit

Key

M: Main meal

V: Vegetarian option

S: Side portion of vegetables

P: Pudding

Drinks: Water, low sugar squash and **milk** daily

There are 14 allergens that by law we are required to advise you of. Any food containing any of these are in bold italics with details on the reverse of this menu.

If you have any questions about this menu or require further information, please call into one of the offices and we will make an enquirv on vour behalf with the kitchen
*All meals must be booked and, if necessary, paid for
Via your school gateway account*

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Allergens	Dishes/Recipes
Celery	Sauasge Rolls, Southern Coated Chicken, Breaded Coated Chicken, Fish Fingers, Mini Cheese & Onion Pasty
Cereals/Gluten	Sauasge Rolls, Cheese & Onion Slice, Southern Coated Chicken, Breaded Coated Chicken, Ham & Cheesy Pasta Cheesy Pasta, Quorn Burger, Quorn Burger, Wraps, Fish Fingers, Mini Cornish Pasty, Mini Cheese & Onion Pasty Pork Sauasge, Quorn Sausage, Wholemeal & white bread, Quorn Chicken Bites, Shortbread, Custard Cookie
Eggs	Sausage Rolls, Southern Coated Chicken, Quorn Burger, Fish Fingers, Mini Cheese & Onion Pasty Quorn Sausage, Quorn Chicken Bites, Tuna, Eggs
Crustaceans	Fish Fingers
Fish	Fish Fingers, Tuna
Milk	Sausage Rolls, Cheese & Onion Slice, Southern Coated Chicken, Breaded Coated Chicken, Quorn Burger Fish Fingers, Mini Cornish Pasty, Mini Cheese & Onion Pasty, Quorn Sausage, Quorn Chicken Bites Ham & Cheese Pasta, Cheesy Pasta, Strawberry Mousse, Fat Free Yoghurts, Shortbread, Custard Cookie, Chocolate Cookie
Mustard	Sauasge Rolls, Cheese & Onion Slice, Southern Coated Chicken, Fish Fingers, Mini Cheese & Onion Pasty
Nuts	Cheese & Onion Slice, Southern Coated Chicken, Chocolate Cookie (may Contain)
Soya	Sausage Rolls, Cheese & Onion Slice, Southern Coated Chicken, Fish Fingers, Mini Cornish Pasty, Mini Cheese & Onion Pasty, Pork Sauasge, Wholemeal & White Bread, Chips
Sulphur dioxide	
Sesame	Burger bun

Other allergens that are not contained in any of our recipes are: - Crustaceans, Lupines', Molluscs & Peanuts