

Lunch Menu - Week 1

Glutens incl wheat-Crustaceans-Soya-Mustard-Sesame Seeds-Lupin-Sulphites-Milk-Fish-Eggs-Peanuts-Molluscs-Nuts-Celery

	Monday	Tuesday	Wednesday	Thursday Street Food	Friday –Fingers Day
Plate 1	Mushroom Tagliatelle Carbonara	Roast Vegetable Korma	Warming Vegetable Winter Stew	Flavours of the Middle East Stuffed Vine leaves & Hummus	MSC Creamy Fish Pie Vegetable Fingers
	<i>milk/mustard/gluten(wheat)</i>	<i>Milk/fish</i>		<i>Sesame</i>	<i>Gluten(wheat)Milk/fish</i>
Plate 2	Meatless Monday Pasta Day Tomato Sauce	Chicken Korma	Roast pork or Turkey Homemade Apple sauce or Cranberry Sauce	Variety of Kofta and Shish Kebabs	MSC Crispy Fish Fingers or Chicken Fingers
	<i>Gluten(wheat)</i>	<i>Milk</i>		<i>Gluten(wheat)</i>	<i>fish/gluten(wheat)</i>
Sides	Sweet Corn	Curley Kale/ Broccoli Naan Bread	Selection of Seasonal Vegetables Yorkshire Pudding	Spiced Cauliflower	Peas & Baked Beans
		<i>Gluten(wheat)</i>	<i>Gluten(wheat)milk/egg</i>		
Starch	Garlic Bread	Steamed Rice	Crispy Roast Potatoes	Jewelled Couscous	Oven Baked Chunky Chips
	<i>Gluten(wheat)</i>			<i>Gluten(wheat)</i>	
Dessert	Banana Sponge & Custard	Chocolate Delight Strawberry Sauce	Apple Crumble Custard	Jam & Cream Slice	Peaches & Cream, Fresh Fruit, Yoghurt
	<i>Gluten(wheat)/egg/milk</i>	<i>gluten/egg/milk</i>	<i>Gluten(wheat)milk</i>	<i>Gluten(wheat)milk/egg/ sulphites</i>	<i>milk</i>

Daily: Jacket Potatoes, Green Salad, Coleslaw, Freshly Made Sandwiches,
Homemade Soup, Breads and Chefs Special ,Yoghurts and Fresh Fruit Selection

Chef Manager - Lizz Morgan - Riverston School



Making Children Happy and Healthy

Lunch Menu - Week 2

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday-Street Food	Friday
Plate 1	Quorn Fillet w/ Singapore Laksa Sauce Rice Noodles	Veggie Warming Vegenaise	Vegetable Pie	Spanish Vegetable Paella Spanish omelette	Quorn Dogs
	<i>Milk/egg</i>	<i>Gluten(wheat)</i>	<i>Gluten(wheat)</i>	<i>Milk/egg</i>	<i>gluten(wheat)/egg</i>
Plate 2	Vegetable Pad Thai	Rich Bolognaise	Mince beef & Onion Pie Chicken & Sweetcorn Pie	Spanish Chicken & Chorizo Paella	MSC Crispy Fish Fingers or Hot Dogs
	<i>Gluten(wheat)</i>	<i>Gluten(wheat)</i>	<i>Gluten(wheat)Milk</i>		<i>fish/gluten(wheat)</i>
Sides	Buttered Cabbage	Glazed Carrots	Broccoli & Cauliflower	Patatas Bravas, Tomato Sauce	Garden Peas & Baked Beans
Starch	Prawn Crackers	Garlic Bread	Creamy Mash Potato Gravy	Sliced Tortillas	Oven Baked Chunky Chips
	<i>Shellfish/gluten(wheat)</i>	<i>Gluten(wheat)milk</i>	<i>Milk</i>	<i>Gluten(wheat)</i>	
Dessert	Vegan Chocolate Brownie & Chocolate sauce	Pancakes & Fruit Sauce	Jam & Coconut Sponge Custard	Caramel Tart	Riverston Mess
	<i>Gluten(wheat)/milk</i>	<i>Gluten(wheat)milk</i>	<i>Gluten(wheat)/milk/egg/sulphites</i>	<i>Gluten(wheat)milk</i>	<i>milk/egg</i>

Daily: Jacket Potatoes, Green Salad, Coleslaw, Freshly Made Sandwiches,
Homemade Soup, Bread and Chefs Special, Yoghurts and Fresh Fruit Selection



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Making Children Happy and Healthy

Lunch Menu - Week 3

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday Mexican Ariba Ariba Day	Friday !
Plate 1	Fragrant Chickpea Curry	Vegetable Sausages	Vegetable Hotpot	Selection of Burritos Enchiladas & Quesadillas	Vegetable Quiche
		<i>Gluten(wheat)</i>		<i>Gluten(wheat)milk</i>	<i>Gluten(wheat)milk/egg</i>
Plate 2	Meatless Monday Vegetable Curry	Pork or Chicken Bangers	Lancashire Hot Pot Roast Chicken	Crispy Tortillas, Guacamole, Tomato & Herb Salsa	MSC Fish in a Tomato & Coconut Sauce Rivers Fillio Fish Burger
		<i>Gluten(wheat)</i>	<i>Milk</i>	<i>Gluten(wheat)</i>	<i>Fish/gluten(wheat)fish</i>
Sides	Lime, Chilli & Coriander Mayo Mix Vegetables	Baked Beans & Garden Peas	Carrots & Broccoli	Sour Cream	Garden Peas or Mushy Peas
	<i>Egg</i>			<i>Milk</i>	
Starch	Steamed Rice, Naan & Poppadum	Yummy Mash	Roast Potatoes	Mexican Rice cobblets	Oven Baked Oven Chunky Chips
	<i>Gluten(wheat)</i>	<i>Milk</i>			
Dessert	Carrot Cake	Rice Pudding	Flapjack	Chocolate Orange Cake Chocolate Custard	Chefs Yoghurt & Fresh Fruit
	<i>Milk</i>	<i>Milk</i>	<i>Gluten(wheat)milk</i>	<i>Gluten(wheat)milk</i>	<i>milk</i>

Daily: Jacket Potatoes, Green Salad, Coleslaw, Freshly Made Sandwiches, Homemade

Soup, Bread and Chefs Special, Yoghurts and Fresh Fruit Selection

Chef Manager-Lizz Morgan- Riverston School



Making Children Happy and Healthy