

Name: _____

Year Group: _____

Week Beginning: 4th February

Chapel Rock Café Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Beef Stew with Mashed Potato <input type="checkbox"/>	Jerk Chicken with Jollof Rice <input type="checkbox"/>	Roast Pork with Roast Potatoes <input type="checkbox"/>	Stuffed Peppers <input type="checkbox"/>	Fish Cakes & Jacket Potato Wedges <input type="checkbox"/>
Main Option 2	Lentil Bake <input type="checkbox"/>	Quorn Sausage and Cannellini Bean Casserole <input type="checkbox"/>	Mushroom Stroganoff with Rice <input type="checkbox"/>	Italian Meatballs with Spaghetti <input type="checkbox"/>	Cheese and Red Onion Quiche <input type="checkbox"/>
	Salad Bar and Seasonal Vegetables available daily				
	Assorted Bread rolls				
Dessert	Banana Custard	Fruit Shortcake	Chocolate Sponge and Chocolate Custard	Fruit Trifle	Gingerbread Fingers
	Yoghurts and Fresh Fruit available daily				
Packed Lunch from home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- All meals are freshly prepared each day in our school kitchen. Please see overleaf for allergens and menu information.
- Please select one option per day. Reception, Year 1 and Year 2 if no menu is returned Main Option 1 will be chosen for your child.
- Meals are £2.20 per child if not eligible for Free School Meals
- **Please return completed menus by Friday 1st February**

Total Payment Enclosed: £

Jerk Chicken and Jollof Rice

This is chicken made famous by TV star Levi Roots. The chicken is cooked with Caribbean spices and served with rice. Jollof rice is also a traditional Caribbean dish and is made using peppers, onions and cooked with tomatoes.

Delicious!



Stuffed Peppers

This is a personal favourite of Mrs Overton's. Mrs Richardson prepares the peppers by removing the centres and then adds a mixture of rice, tomatoes, onions and mushrooms, tops with cheese and bakes.



Did you know?

In a recent survey 9 out of 10 of the staff said Mrs Richardson's homemade quiche was the best they had ever tasted!

Lentils

Lentils are a member of the pea family. They are highly nutritious. Lentils are rich protein sources and are also rich in dietary fibre. Lentils are highly beneficial for growing children!

Allergies Information

Monday	Beef Stew	Celery	Lentil Bake	Milk	Banana Custard	Milk
Tuesday	Fruit Shortcake	Gluten				
Wednesday	Choc Sponge	Gluten Egg Milk				
Thursday	Stuffed Peppers	Celery	Italian Meatballs	Gluten Eggs	Fruit Trifle	Gluten Egg Milk
Friday	Fish Cakes	Gluten Eggs Fish	Cheese and Red Onion Quiche	Gluten Eggs Milk	Gingerbread Fingers	Gluten Eggs Sulphites

Cannellini Beans

These are slightly kidney-shaped with squarish ends, Cannellini beans are from Italy and are creamy white in colour. When cooked, they have a fluffy texture and a slightly nutty, mild flavour.

