

Name: _____

Year Group: _____

Week Beginning: 21st January

Chapel Rock Café Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Quorn Vegetable Curry with Rice <input type="checkbox"/>	Pork Normandy with Rice <input type="checkbox"/>	Roast Turkey with Roast Potatoes <input type="checkbox"/>	Quorn Ratatouille Pasta <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>
Main Option 2	Butchers Sausages and Mashed Potato <input type="checkbox"/>	Mixed Pepper and Spinach Frittata <input type="checkbox"/>	Cheesy Vegetable Bake <input type="checkbox"/>	Beef Lasagne <input type="checkbox"/>	Lentil Rissoles <input type="checkbox"/>
Salad Bar and Seasonal Vegetables available daily					
Assorted Bread rolls					
Dessert	Fruit Crumble and Custard	Baked Egg Custard	Mocha Squares	Yoghurt and Peaches	Fruit Loaf
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 11th January 2018**

Total Payment Enclosed: £

Lentil Rissoles

This is a round burger shape made from a mouth-watering combination of lentils, onions and peppers.

Pork Normandy

This is a traditional French dish. Diced Pork is cooked in a creamy apple sauce made from real apples served with rice to soak up the sauce!



Mixed Pepper and Spinach Frittata

This is similar to an omelette and is made with fresh spinach and peppers.

Ratatouille

Quorn pieces are cooked with onions, peppers and courgettes in a tomato sauce served with freshly cooked pasta.

Cheesy Vegetable Bake

This is a selection of cooked, mixed vegetables in a delicious cheese sauce with a crumble topping.

Allergen Information

Monday	Butchers Sausages	Gluten	Lentil Bake	Milk	Fruit Crumble	Gluten Eggs Milk
Tuesday	Pork Normandy with Rice	Milk Celery Mustard	Mixed pepper and Spinach Frittata	Egg	Baked Egg Custard	Eggs Milk
Wednesday	Cheesy Vegetable Bake	Gluten Milk	Mocha Squares	Gluten Eggs Milk		
Thursday	Beef Lasagne	Gluten Eggs Milk	Quorn Ratatouille Pasta	Gluten		
Friday	Macaroni Cheese	Gluten Eggs Milk	Lentil Rissoles	Gluten Eggs Celery	Fruit Loaf	Gluten Milk Sulphites

Did you know?

The word frittata is Italian and roughly translates to "fried"

