

Name: _____

Year Group: _____

Week Beginning: 28th January

Chapel Rock Café Menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Beef Chilli Con Carne and Rice <input type="checkbox"/>	Tomato, Pepper and Lentil Risotto <input type="checkbox"/>	Roast Beef with Roast Potatoes <input type="checkbox"/>	Garlic and Herb Chicken Goujons with Jacket Potato Wedges <input type="checkbox"/>	Vegetable Calzone <input type="checkbox"/>
Main Option 2	Vegetable Bolognese with Spaghetti <input type="checkbox"/>	Salmon and Broccoli Tagliatelle <input type="checkbox"/>	Cauliflower Cheese and Jacket Potato <input type="checkbox"/>	Bubble and Squeak Butter Bean Bakes <input type="checkbox"/>	Ham, Cheese and Tomato Calzone <input type="checkbox"/>
	Salad Bar and Seasonal Vegetables available daily				
	Assorted Bread rolls				
Dessert	Australian Crunch	Fresh Fruit, Jelly and Ice Cream	Orange and Kiwi Flan	Fruity Granola Bites	Fresh Fruit Salad and Yoghurt
	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 25th January

Total Payment Enclosed: £

Calzone

This is Mr Shaw's favourite. A calzone is a folded pizza. Rather than a usual flat base with a topping (pizza) the pizza dough is folded and then stuffed with delicious ingredients and baked. The key to Mrs Richardson's calzone is plenty of delicious melted cheese!



Tomato, Pepper and Lentil Risotto

Risotto is a rice dish made from ingredients that make sure it is moist and full of flavour. Our special risotto is made with onions, peppers and lentils cooked in a rich tomato sauce. Perfect for a cold winter's day you can even mop up the sauce with one of special bread rolls.



Australian Crunch

We are the only school in Lincolnshire serving this amazing dessert. Mrs Richardson's special recipe includes cocoa, coconut and cornflakes. This is served in slices and is great accompanied by any of our fruit purees or fresh fruit!

Yum! Yum!

Allergen Information

Monday	Vegetable Bolognaise	Gluten Eggs Celery	Australian Crunch	Gluten
Tuesday	Salmon and Broccoli Tagliatelle	Gluten Egg Fish Milk	Fresh Fruit, Jelly and Ice Cream	Milk
Wednesday	Cauliflower Cheese	Gluten Milk	Orange and Kiwi Flan	Gluten Eggs Milk
Thursday	Fruit Granola Bites	Gluten Sulphites		
Friday	Ham, Cheese and Tomato Calzone	Gluten	Vegetable Calzone	Gluten

Which country do Calzone and Risotto originate from?