

Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

Week Beginning: 14<sup>th</sup> January

## Chapel Rock Café Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Option 1</b>	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"/>
<b>Main Option 2</b>	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				
<b>Dessert</b>	Banana Custard	Fruit Shortcake	Chocolate Sponge and Chocolate Custard	Fruit Trifle	Gingerbread Fingers
	Yoghurts and Fresh Fruit available daily				
<b>Packed Lunch from home</b>	<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 11<sup>th</sup> January 2018**

Total Payment Enclosed: £
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### 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

<b>Monday</b>	Beef Stew	Celery	Lentil Bake	Milk	Banana Custard	Milk
<b>Tuesday</b>	Fruit Shortcake	Gluten				
<b>Wednesday</b>	Choc Sponge	Gluten Egg Milk				
<b>Thursday</b>	Stuffed Peppers	Celery	Italian Meatballs	Gluten Eggs	Fruit Trifle	Gluten Egg Milk
<b>Friday</b>	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.

