

# LAUGHTON ALL SAINTS

**Date** 1<sup>st</sup> Sep, 22<sup>nd</sup> Sep, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov, 24<sup>th</sup> Nov,  
15<sup>th</sup> Dec, 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb

## WEEK 1

### MONDAY

Beef Lasagne (GL,EG,MI)  
Sweet Mash Topped Veggie Pie (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice Cream (MI) or Fresh Fruit

### TUESDAY

Chicken Tikka Masala with Steamed Rice  
Pesto Pasta (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Oaty Biscuit (GL) or Fresh Fruit

### WEDNESDAY

Pork Sausage with Mash & Gravy (GL,SU)  
Vegan Sausage with Mash & Gravy (SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

### THURSDAY

Jerk Chicken with Rice  
Handmade Margherita Pizza with Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Chocolate Cake (GL) or Fresh Fruit

### FRIDAY

Fish Fingers with Oven Baked Chips (GL,FI)  
Cheesy Baked Bean Quesadilla with Oven Baked Chips (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Dessert Bar (GL,MI) or Fresh Fruit

**Date** 8<sup>th</sup> Sep, 29<sup>th</sup> Sep, 20<sup>th</sup> Oct, 10<sup>th</sup> Nov,  
1<sup>st</sup> Dec, 22<sup>nd</sup> Dec, 22<sup>nd</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> Feb

## WEEK 2

Beef Pasta Bolognese (GL)  
Veggie Chow Mein Noodles (GL,EG,SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice Cream (MI) or Fresh Fruit

Potato Topped Fish Pie (GL,FI)  
Handmade Margherita Pizza with Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

Roast Chicken with Potatoes & Gravy (SU)  
Butternut Wellington (GL,SU)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Fruity Shortbread (GL) or Fresh Fruit

Chicken Fajita with Rice (GL)  
Veggie Curry with Rice  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Apple Cake (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)  
Falafel with Oven Baked Chips (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Dessert Bar (GL,MI) or Fresh Fruit

**Date** 25<sup>th</sup> Aug, 15<sup>th</sup> Sep, 6<sup>th</sup> Oct, 27<sup>th</sup> Oct, 17<sup>th</sup> Nov,  
8<sup>th</sup> Dec, 29<sup>th</sup> Dec, 19<sup>th</sup> Jan, 9<sup>th</sup> Feb

## WEEK 3

Beef Chilli with Rice (GL)  
Mac 'n' Cheese (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice Cream (MI) or Fresh Fruit

Pastry Topped Chicken Pie (GL)  
Handmade Margherita Pizza with Slaw (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Fruity Shortbread (GL) or Fresh Fruit

Roast Turkey with Potatoes & Gravy (SU)  
Cauliflower Cheese Bake with Potatoes (GL,MI,SU)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

Beef Cottage Pie with Mash (GL)  
Cheese Panini (GL,SO,SE,MU,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Iced Confetti Cake (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)  
Veggie Fajita with Oven Baked Chips (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Dessert Bar (GL,MI) or Fresh Fruit

**VEGETABLES, SALAD, BREAD, AVAILABLE DAILY**

BREAD CONTAINS - GL - MI - EG - SO

**ALLERGY KEY**  
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI  
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

**The Pantry**