



# THE CHILDREN'S KITCHEN

TWO WEEK MENU

SPRING TERM

£2.50

Every meal will be served with a dessert of the day.

Dessert examples: reduced sugar and fruit/veg incorporated Cake twice a week, fresh fruit platter,  
Greek yogurt and honey or fruit compote.

# WEEK 1

W/B: 9<sup>th</sup> Jan 23<sup>rd</sup>  
Jan, 6<sup>th</sup> Feb 2023

## HOT SPECIALS

## DAILY FAVES

MONDAY

Mac n' cheese  
(wheat, mustard, milk)  
OR  
Pasta and tomato sauce  
(wheat, sulphite)  
gluten free available for both options

Focaccia bread  
(wheat)  
Salad  
Seasonal vegetables

TUESDAY

Build-your-own Taco Tuesday  
Beef or 5 bean chilli  
Soft or crispy tacos  
(wheat)  
gluten free available for both options

Rice  
shredded lettuce  
salsa  
cheese  
(sulphite, milk)  
Salad

WEDNESDAY

Margherita pizza  
(wheat, milk)  
OR  
Noodle soup with garlic bread  
(wheat)  
gluten free available for both options

Roasted sweet potato and  
butternut squash  
Salad

THURSDAY

Sausages and Mash  
(wheat, sulphite) and (milk)  
OR  
Veggie-balls - new recipe in  
tomato sauce  
gluten free available for both options

Gravy  
Bread  
(wheat, mustard)  
Salad  
Seasonal vegetables

FRIDAY

Panko breadcrumbed fish of  
the day  
(fish, wheat)  
OR  
Panko breadcrumbed halloumi  
(milk, wheat)  
Un-crumbed options for gluten free and  
tofu for vegan

Homemade Chips  
ketchup  
(sulphite, soy)  
Salad  
Seasonal vegetables

Allergen free options will always be available and we aim to  
match at least 1 choice from the set menu (common allergens labelled)

# WEEK 2

W/B: 16<sup>th</sup> Jan, 30<sup>th</sup>  
Jan 2023

## HOT SPECIALS

## DAILY FAVES

MONDAY

Tomato pasta

(wheat, lentils, sulphite)

OR

Pesto pasta new recipe

(wheat)

gluten free available for both options

Bread (wheat)

Cheese (milk)

Salad

Seasonal vegetables

TUESDAY

Jacket potatoes with  
tuna/pilchard mayonnaise or  
beans and cheese

(eggs, milk, fish)

OR

Tomato soup and bread

(wheat)

gluten free available for both options

Hummus and crudité

(sesame)

Salad

Seasonal vegetables

WEDNESDAY

Overnight slow roasted ham

(sulphite)

OR

Veggie-lasagne

(wheat, milks)

gluten free vegetarian option available

Roast potatoes

Apple sauce

Bread

(wheat)

Seasonal vegetables

Salad

THURSDAY

Coconut, sweet potato and red  
lentil curry

OR

Borek (cheese filo pastry  
whirl)

(eggs, milk, wheat)

Flatbread

(wheat)

Rice

Seasonal vegetables

Salad

FRIDAY

Oven crispy chicken

(wheat, milk)

OR

Crispy sweet potato and kale  
croquettes

(wheat, milk)

Un-crumbed options for gluten free

Homemade Chips

Mayonnaise

(eggs)

Salad

Seasonal vegetables

Allergen free options will always be available and we aim to  
match at least 1 choice from the set menu (common allergens labelled)