

SUMMER MENU 2019

Cambo First School

WEEK ONE

Homemade Dish

Celery

Cereals Containing Gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Wraps with a choice of fillings	Spaghetti Bolognaise	Roast of the Day with Yorkshire Pudding	Chicken Curry	Homemade Pizza
Potatoes Pasta/Rice	Cous cous / Savoury Rice	Warm Crusty Bread	Creamed Potatoes	Wholemeal Rice	Potato Wedges
Vegetables	Seasonal Salad	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Starters or Sweets	Fruit Muffin with a Glass of Juice	Sponge with Custard	Cream Scone / Jam	Fruit Crumble	Heinz 57

Salad Bar, Fresh Fruit and Yoghurt available daily

Drinking Water is Available Daily on the Dining Room Tables



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



 Nuts

 Peanuts

 Sesame Seeds

 Soya

 Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	    Jacket Potatoes with a choice of fillings	   Mediterranean Pasta Bake	    Roast of the Day with Yorkshire Pudding	    Lasagne	  Fish Fingers
Potatoes Pasta / Rice		Crusty Bread 	 Roast Potatoes 	Garlic Bread 	Potato Wedges
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Beans
Starters or Sweets	Chocolate Brownie with a Glass of Milk    	Homemade Sponge with Custard    	Cheesecake   	Arctic Roll  	Heinz 57    



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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	 Ham and Cheese Salad with Jacket potatoes / new potatoes	 Cheesy Pasta	 Roast of the Day Yorkshire Pudding	 Mince Pie	 Oven Baked Sausages
Potatoes Pasta / Rice			Roast Potatoes	 Potatoes	 Wedges
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Starters or Sweets	 Sponge And Custard 	 Jelly	 Homemade Biscuit with a glass of juice	 Cheese and Biscuits with a slice of fruit	 Heinz 57

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Vegetables	Seasonal Salad	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Starters or Sweets	Fruit Muffin with a Glass of Juice	Sponge with Custard	Cream Scone / Jam	Fruit Crumble	Heinz 57

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