

# What's for lunch today?



## Hull Primary School Menu from October 2018

At Hull Catering we believe in school food, we pride ourselves in providing healthy, satisfying food that our children enjoy. We base our menus (which meet the school food trust standards) with the intention of helping children develop healthy eating habits whilst ensuring they get the energy and nutrition they need across the whole school day.

It is just as important to cook food that looks good and tastes delicious, as a general principle we feel it is important to provide a wide range of foods across the week. Variety is the key whether it is different fruit, vegetables, grains, pulses or types of meat and fish.



### Special Diets

(Medical, Cultural and Ethical)

Hull Catering can provide support and guidance to ensure safe and controlled meals for any specific dietary need



### For more information

Visit school website : Contact your school cook/Area Manager  
Contact Catering Office on 01482 612 825 or email: [hull.catering@hullcc.gov.uk](mailto:hull.catering@hullcc.gov.uk)

We care about ingredients we use in our menus and can proudly endorse them with the "food for life" "Red tractor" and assured meat and "MSC" certified fish logos.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages in Gravy (14) Creamed Potato (7) Seasonal Vegetables	Pasta Bolognese (2,7) Seasonal Vegetables	Chicken Tikka (7,9) with Rice Seasonal Vegetables or Salad Home Made Naan Bread (2,7)	Roast Turkey Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	MSC Fishcakes (2,3,5,7,8,9) or Fish Fingers (5) Chips Peas or Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 2	Vegetarian Sausage in Gravy (2,13,14) Creamed Potato (7) Seasonal Vegetables	Macaroni Cheese (1,2,7,9) Seasonal Vegetables	Quorn Southern Coated Goujons (2,4,7) Baby Potatoes Seasonal Vegetables or Salad	Vegetable Tart (1,2,4,7) Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	Quorn Fishless Fingers (2,4,7) Chips Peas or Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 3	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Dessert of the Day
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DESSERT CHOICE	Wholemeal Plum and Vanilla Crumble (2,7) served with Custard (4,7) Fruit Platter, Yoghurt (7) Fruit Fool (7) or Fruit Jelly	Chocolate Crunch (2,4,7) with Pink Custard (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Sponge Fruit Roll (2,4,7) with Custard (4,7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Banana Bread (2,4,7) Yoghurt (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Cakes of The Week - Pupils Choice (2,4,7) Fruit Platter Fruit Fool (7) or Fruit Jelly
For Allergens see numbers in brackets next to each dish and refer to the table below					

We also offer filled Jacket Potatoes (4,5,7,9), unlimited Vegetables and Salad to accompany meals as well as Fresh Baked Bread (2,4,7)  
Fresh Water or Milk to drink (7)

VEGETARIAN (V)

FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS

## ALLERGENS



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Tuna Pasta Bake (2,5,9) or Cheese and Tomato Pasta Bake (1,2,7) Seasonal Vegetables	Chicken Pie in Puff Pastry (1,2,5,7) Seasonal Vegetables Creamed Potato (2)	Bacon, Sausage, Egg (4,7,14) Baked Beans, Tomatoes Mushrooms Wholemeal Baked Bread (2,4,7)	Roast Chicken Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	MSC Fish (2,5,7) or Fish Fingers (5) Chips Peas or Beans
<b>For Allergens see numbers in brackets next to each dish and refer to the table below</b>					
<b>OPTION 2</b>	Cheese Omelette (free range) (4,7) Boiled Potatoes Seasonal Vegetables	Vegetable Pie in Puff Pastry (1,2) Creamed Potato (2) Seasonal Vegetables	Quorn Sausage, Egg Mushrooms, Baked Beans Tomatoes (2,4,13,14) Wholemeal Baked Bread (2,4,7)	Quorn Chicken (4) Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	Vegetarian Curry (7,9) Chips Peas or Beans
<b>For Allergens see numbers in brackets next to each dish and refer to the table below</b>					
<b>OPTION 3</b>	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day
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<b>DESSERT CHOICE</b>	Orange Sponge (2,4,7) served with Chocolate Sauce (7) Fruit Platter, Yoghurt (7) Fruit Fool (7) or Fruit Jelly	Banango Cake (2,4,7) Yoghurt (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Fruit, Yoghurt and Granola (2,7,14) Fruit Platter Fruit Fool (7) or Fruit Jelly	Cheese Portion and Fruit (2,4,7) Yoghurt (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Cakes of The Week - Pupils Choice (2,4,7) Fruit Platter Fruit Fool (7) or Fruit Jelly
<b>For Allergens see numbers in brackets next to each dish and refer to the table below</b>					

We also offer filled Jacket Potatoes (4,5,7,9), unlimited Vegetables and Salad to accompany meals as well as Fresh Baked Bread (2,4,7)  
Fresh Water or Milk to drink (7)

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken Meatballs (2) Italian Tomato Sauce Wholemeal Pasta (2,7) Seasonal Vegetables	Roast Chicken Seasonal Vegetables Roast Potatoes	Home Made Pizza (2,7) Seasonal Vegetables Salad	Braised Beef in Gravy or Roast Turkey Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	MSC Fish (2,5,7) or Fish Fingers (5) Chips Peas or Beans
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OPTION 2	Vegetable Lasagne (1,2,7,9) Seasonal Vegetables	Pasta Pomadora (2,7) Roast Potatoes Seasonal Vegetables	Three Bean Chilli Con Carne (7) Rice	Veggie Toads (2,4,7,13,14) Creamed or Roast Potatoes (7) Yorkshire Pudding (2,4,7) Seasonal Vegetables	Fishless Fingers (2,4,7) Chips Peas or Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 3	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day	Filled Rolls, Wraps and Bagels (2,4,5,7,9) Vegetable Sticks and Salad Fruit, Yoghurt (7) Cold Dessert of the Day
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DESSERT CHOICE	Fruit Flapjack (2,4) served with Custard (7) Fruit Platter, Yoghurt (7) Fruit Fool (7) or Fruit Jelly	Mandarins, Ice Cream Granola (2,7,14), Yoghurt (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Rice Pudding with Mixed Berries (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Marble Sponge with Custard (2,4,7), Yoghurt (7) Fruit Platter Fruit Fool (7) or Fruit Jelly	Cakes of The Week - Pupils Choice (2,4,7) Fruit Platter, Fruit Fool (7) or Fruit Jelly
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