



INGREDIENT & ALLERGENS

PRIMARY SCHOOL MENU

SEPT 2026 – FEB 2027

LUNCH MENU



WEEK ONE

Weeks Commencing:
 1st Sep - 21st Sep - 12th Oct
 2nd Nov - 23rd Nov - 14th Dec
 4th Jan - 25th Jan - 15th Feb

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAIN MEAL

VEGETABLE KORMA
CURRY
MIXED VEGETABLES
NAAN BREAD

OVEN BAKED
PORK SAUSAGE ROLLS
BAKED BEANS

CHEESY TOPPED
BEEF & VEGETABLE
LASAGNE
CRUSTY BREAD

CREAMY CHICKEN
WITH LEEK & POTATO
GARLIC BREAD

PIZZA BAR
CHOOSE YOUR OWN TOPPINGS
CHICKEN, CHORIZO, PEPPER, CHEESE, PINEAPPLE
SIDE SALAD



VEGETARIAN OPTION

AS ABOVE

SAVOURY CHEESE ROLL (V)
BAKED BEANS

CHEESY VEGETARIAN
MINCE LASAGNE
CRUSTY BREAD

CREAMY QUORN
WITH LEEK & POTATO
GARLIC BREAD

AS ABOVE



JACKET POTATO

COLESLAW
GRATED CHEESE
SIDE SALAD

TUNA MAYO
GRATED CHEESE
SIDE SALAD

BAKED BEANS
GRATED CHEESE
SIDE SALAD

COLESLAW
GRATED CHEESE
SIDE SALAD

BAKED BEANS
GRATED CHEESE
SIDE SALAD



COLD OPTION

CHEESE & BISCUITS
CREAM CHEESE, CHEDDAR
CHEESE & HUMMUS
SIDE SALAD

TORTILLA WRAP
WITH HAM OR CHEESE (V)
SIDE SALAD

CHICKEN GOUJONS
TOMATO DIP
SIDE SALAD

PLOUGHMANS LUNCH
CRUSTY BREAD
HAM, CHEESE & SWEET PICKE
SIDE SALAD

WHOLEMEAL SANDWICH
WITH HAM OR CHEESE (V)
SIDE SALAD



DESSERT

SWISS ROLL

FRUIT CRUMBLE

LOW SUGAR FRUIT JELLY
& WHIPPED CREAM

BANANA
& CUSTARD

FRESHLY BAKED
FRUIT COOKIE



All dietary needs /
allergens catered for



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available every day



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WEEK ONE - MONDAY

VEGETABLE KORMA CURRY

Carrots / Peas / Beans / Sweetcorn / Sweet Potato
Chickpeas

SPICE MIX:
Coriander , Sunflower Oil, Turmeric, Cumin, Salt, Chili, Fenugreek, Anise, Ginger , Tomato
Puree, Garlic, Sugar , Citric Acid, Lentil Flour ,
Coconut Powder , Lemon Juice, Acetic Acid.
Gluten Free Flour:
Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates,
Sodium Carbonates), Thickener (Xanthan Gum).
Coconut Milk
Dairy Free Cream:
Lentil protein preparation (water , 1.1% lentil flour), coconut fat, rapeseed oil, sugar , modified corn starch,
emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers
(guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene).
Naan Bread:
Fortified **WHEAT Flour** (Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil,
Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds.

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or
Cocoa Flavoured Filling **Pasteurised Whole Egg**, INGREDIENTS: Sugar, **Wheat Flour**, Strawberry
Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified
Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100),
Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, Whole Egg, Water, Humectants
(E422, E420), **Soya Flour, Whey Powder (Milk)**, Raising Agents (E450, E500), Salt, Preservatives
(E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy
advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also
contain nuts.**

COLD OPTION

CHEESE & BISCUITS

Cream Crackers
Flour (**WHEAT Flour**, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Raising Agent (Sodium
Bicarbonate), Yeast.
Breadsticks
WHEAT Flour, Extra Virgin Olive Oil (4.5%), Yeast, Salt, Malt: BARLEY Malt Extract. May Contact **Sesame,**
Soya, Mustard & Milk
Cheddar Cheese (**Milk / Potato Starch**)
Hummus (**Sesame**)
Cooked Chickpeas (46%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini (14%) **Sesame Seed Paste**], Salt,
Garlic Granules, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate.

WEEK ONE - TUESDAY

SAUSAGE ROLLS

Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (23%),
Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Seasoning
Mix (Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium
Carbonate, Dried Onion, Spices
Sunflower Oil, Glaze (Water, **Milk Proteins**, Dextrose, Rapeseed Oil, Salt, Yeast Extract, Sage)

LOW SUGAR BAKED BEANS

Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt,
Onion Powder, Paprika, Flavourings.

FRUIT CRUMBLE

Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and
Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour
(Beta-Carotene).
Flour (**Wheat**)
Fruit
Sugar

COLD OPTION

TORTILLA WRAPS

WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil,
WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**,
preservative (E282).
Ham
Cheddar Cheese (Milk / Potato Starch)

Yoghurts		Jacket Potato Fillings:	
Yoghurt		Cheese: (Milk / Potato Starch)	
		Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified	
		Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
	Milk / Citric Acid	Tuna Mayonnaise Fish, Egg Coleslaw Milk Mustard Egg	

WEEK ONE - WEDNESDAY

BEEF & VEGETABLE LASAGNE

5% Fat Minced Beef
Lasagne Sheets
Durum Wheat Semolina
Tinned Tomatoes
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Garlic Puree (contains Citric Acid)
Bechamel Sauce
Wheat Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour , Whey Powder (**MILK**), Palm Oil, **Whole MILK** Powder , Sugar , Salt, Rapeseed Oil, Yeast Extract, Onion Powder , Spices, Herb.
Carrots
Cheese (**Milk, Potato Starch**)

CRUSTY BREAD

Wheat Soya

LOW SUGAR JELLY

Jelly Crystals
Sugar, Dextrose, Beef Gelatine, Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.

WHIPPED CREAM

BUTTERMILK (40%), Water, Vegetable Oils in varying proportions (24%) (Palm, Coconut, Hydrogenated Palm, Rapeseed), Sugar, Skimmed **MILK Powder**, **MILK Proteins**, Emulsifiers (E435, E471), Stabiliser (E407), Natural Flavouring (contains MILK), Colour (E 160a), Propellant Gas (E 942).

COLD OPTION

CHICKEN GOUJONS

Chicken Breast Meat 46%, Maize, Breadcrumb (Wheat Flour, Yeast, Salt), **Wheat Flour**, Rapeseed Oil, Chicken Collagen, Water, Modified Wheat Starch, Rice Flour, **Wheat Gluten**, Salt, Sugar, **Barley** Maltextract, Stabilizers

TOMATO DIP

SIDE SALAD

Yoghurts

Milk / Citric Acid	Cheese: (Milk / Potato Starch)	
	Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
	Tuna Mayonnaise Fish, Egg	
	Coleslaw Milk Mustard Egg	

Jacket Potato Fillings:

WEEK ONE – THURSDAY

CREAMY CHICKEN WITH LEEK & POTATO

Chicken Breast
Dairy Free Cream:
Lentil protein preparation (water , 1.1% lentil flour), coconut fat, rapeseed oil, sugar , modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavouring, salt, colour (beta-carotene).
Garlic, Oregano
Gluten Free Flour:
Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates, Sodium Carbonates), Thickener (Xanthan Gum).
Leeks
Potato

GARLIC & PARSLEY SLICES

WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (4%), Yeast, Parsley, Salt, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Colour (Beta Carotene).
May Contain Milk

BANANA & CUSTARD

Custard:
Reconstituted **Skimmed MILK powder** , Reconstituted **Buttermilk powder (MILK)**, Water , Sugar , Modified Maize Starch, Palm Oil, **MILK protein**, Coconut Oil, Flavouring, Stabiliser (E451), Colours (Annatto norbixin (E160b(ii))), Curcumin)

COLD OPTION

PLOUGHMANS LUNCH

CRUSTY BREAD: (**WHEAT SOYA**)
HAM
Cheese (**Milk, Potato Starch**)
Sweet Pickle:
Vegetables in variable proportions (36%) (Swede, Rehydrated Onion, Rehydrated Carrot, Cauliflower), Water , Sugar , **BARLEY Malt Vinegar** , Thickener (Modified Maize Starch), Apple Pulp (Apple, Acetic acid), Acidity Regulator (Acetic acid), Date Paste, Tomato Paste, Brown Sugar , Spices, Colour (Ammonia caramel). **Contains Gluten**

SIDE SALAD

WEEK ONE - FRIDAY

CHEESE & TOMATO PIZZA

WHEAT Flour (29%) (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), **Cheese (21%)**[**Mozzarella, Cheddar**](**MILK**), Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, **Wholemeal Flour (10%) (WHEAT)**, Pre-mix [**WHEAT Flour (WHEAT Flour**, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Diacetyl tartaric Acid Esters of Mono- and Diglycerides (Rapeseed), Flour Treatment Agent: Ascorbic Acid], Rapeseed Oil, Yeast.

TOPPINGS

CHICKEN
Chorizo:
Pork, Salt, Smoked Paprika, Dextrose, Garlic Paste, Antioxidant (Sodium Ascorbate), Nutmeg, Preservative (Sodium Nitrite), Oregano
Mixed Peppers
Cheese (**Milk**, Potato Starch)
Pineapple

SIDE SALAD

FRUIT COOKIE

Dried Fruit (**Sulphites**)
Flour (**Wheat**)
Sugar
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

WHOLEMEAL SANDWICH

Wholemeal **Wheat Flour**, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted Barley Flour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Cheddar Cheese (Milk / Potato Starch)
Ham
Cheese (**Milk**, Potato Starch)

Yoghurts		Jacket Potato Fillings:	
Yoghurt		Cheese: (Milk / Potato Starch)	
	Milk / Citric Acid	Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
		Tuna Mayonnaise Fish, Egg	
		Coleslaw Milk Mustard Egg	

LUNCH MENU



WEEK
TWO



Weeks Commencing:

7th Sept - 28th Sept - 19th Oct

9th Nov - 30th Nov - 21st Dec

11th Jan - 1st Feb - 22nd Feb

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAIN
MEAL

MAC & CHEESE
PEAS

MILD CHICKEN BALTI
MIXED VEGETABLES
STEAMED RICE

FISHCAKE BAP
FISH & POTATO CAKE, SERVED IN A SOFT ROLL
TOMATO SAUCE
SIDE SALAD

CHEESY TOPPED TOMATO
PASTA BAKE
With SWEETCORN

PORK SAUSAGES & PEAS
ONION GRAVY
YORKSHIRE PUDDING



VEGETARIAN
OPTION

AS ABOVE

MILD QUORN BALTI
MIXED VEGETABLES
STEAMED RICE

VEGETABLE CUTLET BAP
SERVED IN A SOFT ROLL
TOMATO SAUCE
SIDE SALAD

AS ABOVE

VEGAN SAUSAGE & PEAS
ONION GRAVY
YORKSHIRE PUDDING



JACKET
POTATO

COLESLAW
GRATED CHEESE
SIDE SALAD

TUNA MAYO
GRATED CHEESE
SIDE SALAD

BAKED BEANS
GRATED CHEESE
SIDE SALAD

COLESLAW
GRATED CHEESE
SIDE SALAD

BAKED BEANS
GRATED CHEESE
SIDE SALAD



COLD
OPTION

FLATBREAD
HAM or CHEESE
SIDE SALAD

SWEETCORN & PEPPER
PASTA SPIRALS, GRATED
CHEESE
SIDE SALAD

CHEESE PUFF PASTRIES
SIDE SALAD

BAGELS
HAM or CREAM CHEESE
SIDE SALAD

WHOLEMEAL SANDWICH
with CHEESE



DESSERT

SWISS ROLL

FRESHLY BAKED
FRUIT COOKIE

SLICED MELON

FRESHLY BAKED
FRUIT FLAPJACK

FRESHLY BAKED
FRUIT SPONGE



All dietary needs /
allergens catered for



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FOOD HYGIENE RATING

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VERY GOOD

WEEK TWO - MONDAY

MAC & CHEESE

Macaroni Pasta (**Wheat, Semolina**)

Bechamel Sauce:

Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey Powder (MILK)**, Palm Oil, **Whole MILK Powder**, Sugar, Salt, Rapeseed Oil, Yeast Extract, Onion Powder, Spices, Herbs.

Cheddar Cheese (**Milk / Potato Starch**)

Peas

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling **Pasteurised Whole Egg**, INGREDIENTS: Sugar, **Wheat Flour**, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, Whole Egg, Water, Humectants (E422, E420), **Soya Flour, Whey Powder (Milk)**, Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts.**

COLD OPTION

Flatbreads:

WHEAT Flour, Water, Yeast, Sugar, Salt.

Cheddar Cheese (**Milk / Potato Starch**)

Sliced Ham

WEEK TWO - TUESDAY

CHICKEN BALTI

Diced Potato / Spinach / Muchrooms / Chickpeas

SPICE MIX:

Coriander , Sunflower Oil, Turmeric, Cumin, Salt, Chili, Fenugreek, Anise, Ginger , Tomato Puree, Garlic, Sugar , Citric Acid, Lentil Flour , Coconut Powder , Lemon Juice, Acetic Acid.

Coconut Milk

GF Flour:

Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (Calcium Phosphates, Sodium Carbonates), Thickener (Xanthan Gum).

Tinned Tomatoes:

Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

Tomato Puree

Mixed Vegetable

Carrot Peas Beans Sweetcorn

STEAMED RICE

FRUIT COOKIE

FLOUR (**WHEAT**)

Dairy Free Margarine

Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

Dried Fruit (**Sulphites**)

Sugar

COLD OPTION

SWEETCORN & PEPPER PASTA SPIRALS

Pasta Twists:

Durum Wheat & Semolina

Tinned Tomatoes

Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

Tomato Puree

Mixed Herbs

Cheddar Cheese (**Milk / Potato Starch**)

SIDE SALAD

Yoghurts

Jacket Potato Fillings:

Milk / Citric
Acid

Cheese: (Milk / Potato Starch)
Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified
Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,

Tuna Mayonnaise Fish, Egg
Coleslaw Milk Mustard Egg

WEEK TWO - WEDNESDAY

FISH & POTATO CAKE

Minced Whitefish (**FISH**) (36%), Water , Potato Flake, **WHEAT Flour (WHEAT Flour** , Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Rapeseed Oil, Salt, Raising agent (Sodium Phosphates), Onion, Sage, Parsley, Yeast, Mono- and diglycerides of Fatty Acids, Pepper Extract.

SOFT ROLL

WHEAT Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water , Sugar , Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920. **May Contain Sesame**

TOMATO SAUCE

SIDE SALAD

CHEESE & ONION PUFF PASTRIES

Fortified Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Onions (14%), Palm Oil, Coloured Mature Cheddar Cheese (11%) [Cheddar Cheese (**Milk**), Colour (Carotenes)], Potatoes (11%), Medium Fat Soft Cheese (11%) [Medium Fat Soft Cheese (**Milk**), Sea Salt], Extra Mature Cheddar Cheese (**Milk**) (5%), Cornflour, Whole **Milk**, Rapeseed Oil, Salt, Garlic Purée, Water, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper, White Wine Vinegar

SLICED MELON

WEEK TWO - THURSDAY

VEGETABLE PASTA BAKE with CHEESE

Pasta Twists:
Durum Wheat & Semolina
Tinned Tomatoes
Mixed Peppers / Spinach
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
Tomato Puree
Mixed Herbs
Garlic Puree (Contain Citric Acid)
Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
Cheddar Cheese (**Milk / Potato Starch**) * **May Contain Gluten**
Sweetcorn

BAGELS

WHEAT Flour (WHEAT Flour Calcium Carbonate, Iron, Niacin, Thiamin), Water , Sugar , Maize, Yeast, Rapeseed Oil, Salt, **WHEAT Gluten, Malted BARLEY Flour** , Flour Treatment Agent (Ascorbic Acid). **May Contain Sesame**
Cream Cheese (Milk)
Cream (MILK), Skimmed MILK, MILK Solids, Modified Starch E1442, Salt, Potassium Sorbate E202, Culture
Sliced Ham

FRUIT FLAPJACK

Dried Fruit (**Sulphites**)
Rolled Oats (Wheat Gluten)
Golden Syrup
Brown Sugar
Vanilla Essence
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

Yoghurts		Jacket Potato Fillings:	
Yoghurt		Cheese: (Milk / Potato Starch)	
		Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
		Tuna Mayonnaise Fish, Egg	
		Coleslaw Milk Mustard Egg	
	Milk / Citric Acid		

WEEK TWO - FRIDAY

SAUSAGES

2 sausages per child Pork Sausages
Pork (56%), Water, Rusk (**Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt), Seasoning (Salt, Rusk (**Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt, Raising Agents (Ammonium Hydrogen Carbonate), Emulsifiers: Diphosphates, Triphosphates, Dextrose, Flavour Enhancer: Monosodium Glutamate, Preservative: **Sodium Metabisulphite**, Spice (Pepper), Herb (Marjoram), Antioxidant: Sodium Ascorbate, Sugar, Spice Extracts (Cayenne, Mace, Ginger, Nutmeg, Pimento, Pepper), Herb Extract (Sage)), Potato Starch, Rice Flour, **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Dextrose, Salt.
New Potatoes
Peas

ONION GRAVY

Low Salt Gravy (Bisto Low Salt)
Onion (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.

YORKSHIRE PUDDING

WHEAT Flour (**WHEAT** Flour , Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), **EGG** White, Whole **EGG**, Water , Rapeseed Oil, Skimmed **MILK** Powder , Salt.

WHOLEMEAL SANDWICH

Wholemeal **Wheat Flour**, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted BarleyFlour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Cheddar Cheese (Milk / Potato Starch)
Ham
Cheese (**Milk**, Potato Starch)

FRESHLY BAKED FRUIT SPONGE

Dairy Free Margarine
Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).
Eggs
Sugar
Flour (**Wheat/Gluten**)
Vanilla Essence

Yoghurts		Jacket Potato Fillings:	
Yoghurts		Cheese: (Milk / Potato Starch)	
	Milk / Citric Acid	Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
		Tuna Mayonnaise Fish, Egg	
		Coleslaw Milk Mustard Egg	

LUNCH MENU



WEEK THREE

Weeks Commencing:
14th Sept – 5th Oct – 26th Oct
16th Nov – 7th Dec – 28th Dec
18th Jan – 8th Feb

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CHEESY TOPPED TOMATO PASTA BAKE With VEGETABLE AND SPRINKLING CHEESE	BBQ VEGETABLE STEW Steamed Rice	SAUSAGE, TOMATO & MIXED BEANS PITTA BREAD	ROAST CHICKEN in GRAVY ROAST POTATOES YORKSHIRE PUDDING MIXED VEGETABLES	FAJITA CHICKEN TORTILLA WRAP
VEGETARIAN OPTION	AS ABOVE	AS ABOVE	VEGAN SAUSAGE & MIXED BEANS PITTA BREAD	ROAST QUORN in GRAVY ROAST POTATOES YORKSHIRE PUDDING MIXED VEGETABLES	VEGETABLE FAJITA TORTILL WRAP
JACKET POTATO	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE	TUNA MAYO GRATED CHEESE	COLESLAW GRATED CHEESE SIDE SALAD	BAKED BEANS GRATED CHEESE
COLD OPTION	FLATBREAD with HAM or CHEESE SIDE SALAD	SOFT ROLL With CHICKEN or CHEESE SIDE SALAD	TORTILLA WRAPS with HAM or CHEESE SIDE SALAD	CHEESE & TOMATO PIZZA SIDE SALAD	SAUSAGE ROLL SIDE SALAD
DESSERT	SWISS ROLL	FRESHLY BAKED FRUIT SPONGE	BANANA & CUSTARD	ICE CREAM & PUREE FRUIT	FRESHLY BAKED FRUIT FLAPJACK

All dietary needs / allergens catered for

Fruit & yoghurts available every day

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FOOD HYGIENE RATING
0 1 2 3 4 **5**
VERY GOOD

WEEK THREE - MONDAY

VEGETABLE PASTA BAKE with CHEESE

Pasta Twists

Durum Wheat & Semolina

Courgette

Spinach

Tinned Tomatoes

Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

Tomato Puree

Mixed Herbs

Garlic Puree (Contain Citric Acid)

Low Salt Gravy (Bisto Low Salt)

(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier

(Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil.

Thickening Granules

Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier **(Soya**

Lecithin) * May Contain Gluten

Cheddar Cheese **(Milk / Potato Starch)**

Peas.

COLD OPTION

FLATBREADS:

WHEAT Flour, Water, Yeast, Sugar, Salt.

Cheddar Cheese **(Milk / Potato Starch)**

Sliced Ham

Cheddar Cheese **(Milk / Potato Starch)**

SWISS ROLL

Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling Pasteurised **Whole Egg**, INGREDIENTS: Sugar, **Wheat Flour**, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, **Whole Egg**, Water, Humectants (E422, E420), **Soya Flour, Whey Powder (Milk)**, Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, **including cereals containing gluten**, see ingredients in bold. **May also contain nuts.**

WEEK THREE - TUESDAY

BBQ VEGETABLE STEW

Cauliflower / Peppers / Sweetcorn / Butternut Squash

BBQ Sauce

Water, Sugar, Tomatoes (15%), Acidity Regulator: Acetic Acid, Modified Starch, Salt, Colour:

Caramel, Spices, Smoke Flavouring, Preservative: Potassium Sorbate, Tamarind Extract, Molasses,

Stabilisers: Xanthan Gum & Guar Gum

Low Salt Gravy (Bisto Low Salt)

(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers

(Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier

(Soya Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil.

Thickening Granules

Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier **(Soya Lecithin) ***

May Contain Gluten

Tinned Tomatoes

Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)

Tomato Puree

Steamed Rice

SOFT ROLL

Wheat Flour (WHEAT Flour , Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water , Sugar ,

Salt, Yeast, Rapeseed Oil, Emulsifiers(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and

Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids), Flour

Treatment Agents (Ascorbic Acid, L-Cysteine).

May Contain Barley Rye & Sesame

CHICKEN

Cheddar Cheese **(Milk / Potato Starch)**

SIDE SALAD

FRESHLY BAKED FRUIT SPONGE

Dairy Free Margarine

Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and

Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour

(Beta-Carotene).

Eggs

Sugar

Flour **(Wheat/Gluten)**

Vanilla Essence

Yoghurts

Jacket Potato Fillings:

Milk / Citric
Acid

Cheese: (Milk / Potato Starch)
Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified
Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,
Tuna Mayonnaise Fish, Egg
Coleslaw Milk Mustard Egg

WEEK THREE - WEDNESDAY

PORK SAUSAGE & BEAN RAGU

2 sausages per child Pork Sausages:
Pork (56%), Water, Rusk (**Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt), Seasoning (Salt, Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Salt, Raising Agents (Ammonium Hydrogen Carbonate), Emulsifiers: Diphosphates, Triphosphates, Dextrose, Flavour Enhancer: Monosodium Glutamate, Preservative: Sodium Metabisulphite, Spice (Pepper), Herb (Marjoram), Antioxidant: Sodium Ascorbate, Sugar, Spice Extracts (Cayenne, Mace, Ginger, Nutmeg, Pimento, Pepper), Herb Extract (Sage)), Potato Starch, Rice Flour, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Folic Acid, Thiamin), Dextrose, Salt. Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **Metabisulphite**).
Red Kidney Beans, Water, Ascorbic acid
Low Sugar Baked Beans:
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.
Tinned Tomato :
Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid
Tomato Puree:
Low Salt Gravy (Bisto Low Salt):
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
Thickening Granules
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
Pitta Bead Fingers (**Wheat**) **May Contain Nuts**

COLD OPTION

TORTILLA WRAPS

WHEAT flour (66%) (**WHEAT flour**, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282).
Ham
Cheddar Cheese (Milk / Potato Starch)

BANANA & CUSTARD

Custard:
Reconstituted **Skimmed MILK powder** , Reconstituted **Buttermilk powder (MILK)**, Water , Sugar , Modified Maize Starch, Palm Oil, **MILK protein**, Coconut Oil, Flavouring, Stabiliser (E451), Colours (Annatto norbixin (E160b(ii)), Curcumin)

WEEK THREE - THURSDAY

ROAST CHICKEN GRAVY

Low Salt Gravy (Bisto Low Salt)
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
Mixed Vegetables (Sweetcorn / Peas / Carrots / Green Beans)

ROAST POTATOES

Potatoes (95%), Palm Oil, Sunflower Oil, Rice Flour , Potato Starch, Dextrin, Salt, Caramel, Turmeric.

YORKSHIRE PUDDING

WHEAT Flour (**WHEAT** Flour , Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), **EGG** White, Whole **EGG**, Water , Rapeseed Oil, Skimmed **MILK** Powder , Salt.

CHEESE & TOMATO PIZZA

WHEAT Flour (29%) (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamine), **Cheese (21%)**[**Mozzarella, Cheddar**](**MILK**), Tomato Sauce (16%) [Water, Tomato Powder, Stabilizer: Modified Potato Starch, Sugar, Salt, Dried Oregano, Garlic Powder, Onion Powder, Colour: Paprika Extract, Rapeseed Oil], Water, Wholemeal Flour (10%) (**WHEAT**), Pre-mix [**WHEAT Flour (WHEAT Flour**, Calcium Carbonate, Niacin, Iron, Thiamine), Sugar, Potassium Chloride, Salt, Emulsifier: Diacetyltartaric Acid Esters of Mono- and Diglycerides (Rapeseed), Flour Treatment Agent: Ascorbic Acid], Rapeseed Oil, Yeast.

SOFT SCOOP ICE CREAM

Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier (Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin)

& PUREE FRUIT

Grape Juice from concentrate, Acidity Regulator (Citric acid).

Yoghurts		Jacket Potato Fillings:	
Yoghurt		Cheese: (Milk / Potato Starch)	
Milk / Citric Acid		Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,	
		Tuna Mayonnaise Fish, Egg	
		Coleslaw Milk Mustard Egg	

WEEK THREE - FRIDAY

FAJITA CHICKEN

MIXED PEPPERS / ONIONS /

CHICKEN Breast

FAJITA MIX

Onion (14%), Potato Starch, Paprika (12%), Garlic (10%), Sugar , Salt, Tomato, Cumin, Jalapeno Pepper , Chilli (4%), MUSTARD, Colour (Paprika Extract), Oregano, Anti-caking Agent (Silicon Dioxide), White Pepper (1%).

TORTILLA WRAP

WHEAT flour (with calcium carbonate, iron, niacin, thiamin) (67%), water , rapeseed oil, WHEAT fibre, raising agents (E500, E450), acidity regulator (E296), dextrose, WHEAT GLUTEN, preservative (E282), salt.

COLD OPTION

SAUSAGE ROLL

Wheat Flour (WHEAT Flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water , Pork (23%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water , Salt, Concentrated Lemon Juice), Seasoning Mix (Wheat Flour (**WHEAT Flour** , Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium carbonates, Dried Onion, Spices <2%, Sunflower Oil, **WHEAT Starch**, Herbs <2%, Dextrose, Sugar , Yeast Extract, Ascorbic acid), Pork Fat, Vegetable Shortening (Palm Oil, Rapeseed Oil, Water , Salt, Concentrated Lemon Juice), Glaze (Water , **MILK Proteins**, Dextrose, Rapeseed Oil), Salt, Yeast Extract, Sage.

FRUIT FLAPJACK

Dried Fruit (**Sulphites**)

Rolled Oats (Wheat Gluten)

Golden Syrup

Brown Sugar

Vanilla Essence

Dairy Free Margarine

Vegetable Oil (Rapeseed Oil, Palm Oil, Sunflower Oil), Water , Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta-Carotene).

Yoghurts		Jacket Potato Fillings:	
Yoghurt		Cheese: (Milk / Potato Starch)	
Milk / Citric Acid	Low Sugar Baked Beans Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika,		
	Tuna Mayonnaise Fish, Egg		
	Coleslaw Milk Mustard Egg		