Riverhead Infant School Menu

Four-week lunch rotation

Main Meal	Vegetarian Option	Vegetables	Dessert

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1 / 5 (31st Aug / 28th Sept)						
1 / 5	Option 1	Mexican chili + topped wedges	Chicken casserole w/ new potatoes	Steak pie Roast potatoes (1)	Beef meatballs & spaghetti in tomato Sauce (1)	Chicken goujons w/ chips + tomato sauce (1)
1 / 5	Option 2	Nachos w/ tom. salsa + cheese (1) (9)	Sweet potato and pea risotto	Curried cous cous	Veggie wrap (1)	Vegan sausage (1)
1/ 5	Vegetables	Sweetcorn	Cabbage	Broccoli or carrots	Green beans	Peas or beans
1/ 5	Dessert	Marble cake (1) (7)	Chocolate cookie (1) (9)	Raspberry cheesecake (1) (9)	Fruit or cheese & crackers (1) (9)	Bakewell slice (1) (7)
Week 2 / 6 (7th Sept / 5th Oct)						
2 / 6	Option 1	Beef lasagna (1) (9)	Mild beef curry w/ rice	Roast turkey, potatoes & gravy	BBQ chicken & rice	Beef burger in bun + chips (1)
2 / 6	Option 2	Shepherdess pie	Bean burger w/ pot. Wedges (1)	Spinach & cheese wellington (1) (9)	Cheese and onion frittata (7) (9)	Veg finger (1)
2 / 6	Vegetables	Mixed veg	Peas	Cauliflower & carrots	Green beans	Beans
2 / 6	Dessert	Oat cookie (1)	Choc or raspberry mousse (9)	Lemon drizzle sponge (1) (7)	Fruit salad or crackers & cheese (1) (9)	Iced vanilla cookie (1)
Week 3 / 7 (14th Sept / 12th Oct)						
3 / 7	Option 1	Chicken burger + wedges (1)	Sausage, crushed new pot. w/ chives (1)	Minced beef + Yorks. Pudding (1) (7) (9)	Cheese + tom. pizza Seasoned cubed potatoes (1) (9)	Breaded fish w/ chips + tomato sauce (1)
3 / 7	Option 2	Vegetable lasagna (1) (9)	Veggie tortilla stack (1)	Lentil curry w/ rice	Mushroom risotto	Vegan dippers (1)
3 / 7	Vegetables	Broccoli	Green beans & carrots	Peas + sweetcorn	Salad	Peas or beans
3 / 7	Dessert	Cheese + crackers or fruit (1) (9)	Apple crumble + cream (1) (9)	Vanilla shortbread (1)	Carrot cake (1)	Arctic roll (1) (9)
Week 4 / 8 (21st Sept / 19th Oct)						
4 / 8	Option 1	Sausage roll & mash potatoes (1) (9)	Minced beef cottage pie	Gammon	Spaghetti Bolognese (1)	Fish fingers + chips (1)
4 / 8	Option 2	Vegan sausage roll (1)	Sweet potato & Spinach curry	Cauliflower cheese stuffed Yorkshire pudding (1) (7) (9)	Roasted veg pizza (1)	Spring rolls + chili sauce (1)
4 / 8	Vegetables	Beans or peas	Carrots or peas	Cabbage & carrots	Sweetcorn	Peas or beans
4 / 8	Dessert	Vanilla cookie (1)	Gingerbread man (1)	Apple /plum crumble (1)	Iced sponge (1) (7)	Marble cookie (1)

Pasta or jacket potato available each day. Please see page 2 for allergen key and supporting information.

Menu Information, Allergen Key and Visual Notes

Allergen key / numbered symbols

- 1 = gluten / wheat-containing cereals
- 2 = crustaceans
- 3 = molluscs
- 4 = fish
- 5 = peanuts
- 6 = nuts
- 7 = eggs
- 8 = soybeans
- 9 = milk
- 10 = celery
- 11 = mustard
- 12 = lupin
- 13 = sesame
- 14 = sulphur dioxide / sulphites
- Numbers to be checked against final recipe sheets before publication.

Daily alternatives

Pasta or jacket potato are available each day for children who cannot find anything suitable on the school menu.

Also Available Daily:

- fresh fruit
- bread
- water
- salad

Allergy and dietary note

Menu information should be checked against the school's current recipe and product information. Parents should inform the school office of any changes to allergies, intolerances or medical needs.

Our Kitchen

All our food is cooked fresh every day. If you require it; full allergen information and ingredients lists are available on request. We strive to be a "nut free" school, however, some products are subject 'may contain' status in manufacturing.

