



The Chiltern School











Dare to be different

GFA - Gluten free available | DF - Dairy free | V - Vegetarian | VE - Vegan





















Menu

					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Sliced Sausages pasta or sliced quorn sausage pasta in tomato sauce and seasonal veg (V) (DF) (EF) (NF) (SF) (FF) (GFA)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) contains dairy</p>	<p>Falafel balls with spiced couscous and coleslaw (V) (GFA) (NF) (DF) (SF) (FF) contains Eggs</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Mandarin fruit pots or fresh fruit (GFA) (V) (NF) (SF) (FF) (DF) (EF)</p>	<p>Mild chicken curry or Mild Quorn pieces curry with steamed rice and green beans. (V) (GFA) (DF) (NF) contains Eggs</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Baked peach sponge or fresh fruit (GFA) (V) (DF) (NF) (FF) (SF)</p>	<p>Mince beef chilli con carne or Quorn mince chilli con carne with rice and tortilla chips & veg (V) (GF) (DF) (NF) (SF) (FF) contains Eggs</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>G/F Flapjack or fresh fruit (NF) (FF) (EF) (DF) (GFA) (V)</p>	<p>Hot Dog Quorn Dog in a roll with chips and baked beans with chips and baked beans (V) (GFA) (DF) (EF) (NF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) contains dairy</p>	
					Week 2
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Chicken and mushroom pasta or Quorn pieces and mushroom pasta in a white sauce with veg (V) (GFA) (DF) (NF) (EF) (FF) (SF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) contains dairy</p>	<p>Deconstructed Chicken fajita wrap or Quorn pieces fajita wrap with plain pasta salad and mixed salad (GFA) (EF) (NF) (FF) (DF) (SF) (V)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Mixed summer fruit pots with or without cream or fresh fruit (GF) (V) (DF) (NF) (FF) (EF)</p>	<p>Sweet and sour pork or sweet and sour quorn with rice and veg (GF) (DF) (NF) (FF) (SF) contains Eggs</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Chocolate brownie or fresh fruit (GFA) (V) (NF) (FF) contains dairy & Eggs</p>	<p>Quorn or pork sausages with new potatoes and veg. (V) (GF) (SF) (DF) (NF) (V) (EF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Jelly or Fresh fruit (GF) (DF) (EF) (V) (NF) (FF)</p>	<p>Fish cake chips and spaghetti hoops. (V) (GFA) (DF) (EF) (NF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) contains dairy</p>	
					Week 3
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Beefaroni or Quornaroni a garlic slice and seasonal veg (GFA) (DF) (EF) (NF) (SF) (FF) (V)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) contains dairy</p>	<p>Honey Glazed chicken or Honey Glazed Quorn fillet with potatoes and seasonal veg (GF) (NF) (EF) (DF) (SF) (FF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Ice cream pots or fresh fruit (GF) (NF) (EF) (V)</p>	<p>Sweet chilli salmon and broccoli pasta, peas & sweetcorn (V) (GFA) (EF) (DF) (NF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Vanilla sponge cake or fresh fruit (GF) (V) (NF) (FF) contains dairy & Eggs</p>	<p>Vegetable curry with rice and veg samosa (V) (GF) (NF) (DF) (SF) (EF) (FF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Fruit yogurt or fresh fruit (V) (GF) (EF) (SF) (FF) contains dairy</p>	<p>Fish fingers or Quorn fishless fingers with potato wedges and garden peas. (V) (GFA) (EF) (DF) (NF)</p> <p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> <p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> <p>Dessert mousse or fresh fruit (V) (NF) (GF) contains dairy and eggs</p>	



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sliced Sausages pasta or sliced quorn sausage pasta in tomato sauce and seasonal veg (V) (DF) (EF) (NF) (SF) (FF) (GFA)</p> 	<p>Falafel balls with spiced couscous and coleslaw (V) (GFA) (NF) (DF) (SF) (FF) contains Eggs</p> 	<p>Mild chicken curry or Mild Quorn pieces curry with steamed rice and green beans. (V) (GFA) (DF) (NF) contains Eggs</p> 	<p>Mince beef chilli con carne or Quorn mince chilli con carne with rice and tortilla chips & veg (V) (GF) (DF) (NF) (SF) (FF) contains Eggs</p> 	<p>Hot Dog Quorn Dog in a roll with chips and baked beans (V) (GFA) (DF) (EF) (NF)</p> 
<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 
<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 
<p>Fruit yogurt or fresh fruit (V) contains dairy</p> 	<p>Mandarin fruit pots or fresh fruit (GFA) (V) (NF) (SF) (FF) (DF) (EF)</p> 	<p>Baked peach sponge or fresh fruit (GFA) (V) (DF) (NF) (FF) (SF)</p> 	<p>G/F Flapjacks or fresh fruit (NF) (FF) (EF) (DF) (GFA) (V)</p> 	<p>Fruit yogurt or fresh fruit (V) contains dairy</p> 



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken and mushroom pasta or Quorn pieces and mushroom pasta in a white sauce with veg (V) (GFA) (DF) (NF) (EF) (FF) (SF)</p> 	<p>Deconstructed Chicken fajita wrap or Quorn pieces fajita wrap with plain pasta salad and mixed salad (GFA) (EF) (NF) (FF) (SF) (V)</p> 	<p>Sweet and sour pork or sweet and sour quorn with rice and veg (GF) (DF) (NF) (FF) (SF) contains Eggs</p> 	<p>Quorn or pork sausages with new potatoes and veg. (V) (GF) (SF) (DF) (NF) (V) (EF)</p> 	<p>Fish cake chips and spaghetti hoops. (V) (GFA) (DF) (EF) (NF)</p> 
<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 
<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 
<p>Fruit yogurt or fresh fruit (V) contains dairy</p> 	<p>Mixed summer fruit pots with or without cream or fresh fruit (GF) (V) (DF) (NF) (FF) (EF)</p> 	<p>Chocolate brownie or fresh fruit (GFA) (V) (NF) (FF) contains dairy & Eggs</p> 	<p>Jelly or Fresh fruit (GF) (DF) (EF) (V) (NF) (FF)</p> 	<p>Fruit yogurt or fresh fruit (V) contains dairy</p> 












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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beefaroni or Quornaroni a garlic slice and seasonal veg (GFA) (DF) (EF) (NF) (SF) (FF) (V)</p> 	<p>Honey Glazed chicken or Honey Glazed Quorn fillet with potatoes and seasonal veg (GF) (NF) (EF) (DF) (SF) (FF)</p> 	<p>Sweet chilli salmon and broccoli pasta, peas & sweetcorn (V) (GFA) (EF) (DF) (NF)</p> 	<p>Vegetable curry with rice and veg samosa (V) (GF) (NF) (DF) (SF) (EF) (FF)</p> 	<p>Fish fingers or Quorn fishless fingers with potato wedges and garden peas. (V) (GFA) (EF) (DF) (NF)</p> 
<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 	<p>Jacket potato with cheese, beans or tuna mayo (V) (GFA)</p> 
<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 	<p>Sandwiches (V) Choice of fillings: cheese, tuna or ham</p> 
<p>Fruit yogurt or fresh fruit (V) contains dairy</p> 	<p>Ice cream pots or fresh fruit (GF) (NF) (EF) (V) contains dairy</p> 	<p>Vanilla sponge cake or fresh fruit (GF) (V) (NF) (FF) contains dairy & Eggs</p> 	<p>Fruit yogurt or fresh fruit (V) (GF) (SF) (EF) contains dairy</p> 	<p>Dessert mousse or fresh fruit (V) (NF) (GF) contains dairy and eggs</p> 