

# Valence School Menu C April -July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chilli con carne	Creamy chicken pie Wheat(gluten)	Roast gammon	Chicken korma  Naan bread Wheat(gluten)	Fish and chips Fish Wheat(gluten)
Quorn vegetable stir fry Wheat(gluten) egg	Medley of fish pie Milk(dairy) fish	cauliflower cheese milk(dairy)	Vegetable lasagne Wheat(gluten) Milk(dairy)	Homemade veggie pasty Wheat(gluten)
Steamed rice	Mashed potatoes	Roast potatoes	Steamed rice	Chips
Lemon blueberry cake Wheat(gluten) egg Custard Milk(dairy)	Fruit gateau Wheat(gluten) Egg, cream(dairy)	Chocolate mousse Milk (dairy)	fruit salad & yoghurt milk (dairy)	chocolate profiteroles wheat(gluten) egg cream(dairy)

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

## ALLERGEN STATEMENT

"All our food is prepared in a kitchen where nuts, gluten and other allergens are present. allergens **are indicated in red** If you have a food allergy, please let us know before ordering.

# Valence School Menu B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
spaghetti bolognaise	Sausages Sulphite	Roast turkey	Mexican chicken with tortilla wrap wheat(gluten)	beef burger in a bun wheat(gluten) sulphite
Three bean casserole	Cheesy veg wrap Milk(dairy) Wheat(gluten)	Nut cutlet Nuts	Vegetable curry	Fish cakes Fish Wheat(gluten)
Spaghetti Wheat(gluten)	Mash potato	Roast potatoes	Steamed rice	Country potatoes Wheat(gluten)
Chocolate orange cake Wheat(gluten) egg Chocolate custard Milk(dairy)	Scone with jam & cream Wheat(gluten) Milk(dairy)	strawberry mousse milk(dairy)	Fruit jelly & Ice cream milk(dairy)	Iced sponge Wheat(gluten) Egg

Most of our fruit and vegetables are from Kent Farms local organic meat is used when in season and available  
All fish is MSC FR=Free Range L= Local O=Organic

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

## ALLERGEN STATEMENT

"All our food is prepared in a kitchen where nuts, gluten and other allergens could be present. *allergens are indicated in red* If you have a food allergy, please let us know before ordering.  
Full allergen information is available upon request at the kitchen."

# Valence School Menu A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & tomato pasta bake Wheat(gluten) Milk(dairy)	Chicken tikka curry	Roast pork Apple sauce	Minced beef & onion pie Wheat(gluten) egg	Fish & chips Fish Wheat(gluten)
Potato and egg hash egg	Salmon stir fry Fish, wheat(gluten) Soya	Creamy vegetable vol au vent Wheat(gluten) egg, Milk(dairy)	Veggie sausages Wheat(gluten)	Quorn burger Wheat(gluten) Egg, milk Barley(gluten)
	Steamed rice	Roast potatoes	Mash potato	Chips
Apple crumble Wheat(gluten) milk(dairy) Custard milk(dairy)	Cheesecake Wheat(gluten) Egg, milk(dairy)	Fruit yoghurt Milk(dairy)	Lemon drizzle cake Wheat(gluten) egg Custard milk(dairy)	Cookies Wheat(gluten)

## Valence School Menu D

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatballs & tomato sauce	Cheesy topped lasagne Wheat(gluten) Milk(dairy)	Roast chicken	sweet & sour chicken soya	Cheesy pizza Milk(dairy) Wheat(gluten)
Macaroni cheese Milk(dairy) Wheat(gluten)	Mushroom & lentil cottage pie	Spinach & feta pie Wheat(gluten) Milk(dairy)	Salmon & red pepper quiche Fish, egg, Wheat(gluten) Milk(dairy)	Spicy bean burger Wheat(gluten)
Pasta swirls Wheat(gluten)		Roast potatoes	Steamed rice	Jacket wedges
Peach crumble Wheat(gluten) Milk(dairy) Custard milk(dairy)	Fruity meringues Egg, cream(dairy)	Fruit & Ice cream milk(dairy)	Eve's pudding Wheat(gluten) egg Custard milk(dairy)	Muffins Wheat(gluten) Egg,milk

SALAD BAR AND BAKED JACKET POTATOES AVAILABLE DAILY

### ALLERGEN STATEMENT

"All our food is prepared in a kitchen where nuts, gluten and other allergens are present. *Allergens are indicated in red* If you have a food allergy, please let us know before ordering.  
Full allergen information is available upon request at the kitchen."