IDE HILL School Menu

Four-week lunch rotation

Main Meal	Vegetarian Option	Vegetables	Dessert

Week	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1 / 5 (2nd Nov/ 30th Nov)						
1 / 5	Option 1	Mexican chili + topped wedges	Chicken casserole w/ new potatoes	Steak pie Roast potatoes (1)	Bacon Carbonara (1) (9)	Chicken goujons w/ chips + tomato sauce (1) (8)
1 / 5	Option 2 (V)	Nachos w/ tom. salsa + cheese (1) (9)	Sweet potato and pea risotto	Veggie cobbler (1)	Veggie wrap (1)	Vegan sausage (1)
1/ 5	Vegetables	Sweetcorn	Cabbage	Broccoli or carrots	Green beans	Peas or beans
1/ 5	Dessert	Brownie (1) (7) (9)	Fruit	Cookie (1)	Fruit	Bakewell slice (1) (7)
Week 2 / 6 (9th Nov / 7th Dec)						
2 / 6	Option 1	Beef lasagna (1) (9)	Sausage, crushed new pot. w/ chives (1)	Roast turkey, potatoes & gravy	BBQ chicken & rice	Breaded fish w/ chips + tomato sauce (1) (4)
2 / 6	Option 2 (V)	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)	Fruit	Lemon drizzle sponge (1) (7)	Fruit	Cookie (1)
Week 3 / 7 (16th Nov / 14th Dec)						
3 / 7	Option 1	Chicken burger + wedges (1)	Mild beef curry w/ rice	Minced beef + Yorks. Pudding (1) (7) (9)	Cheese + tom. pizza Seasoned cubed potatoes (1) (9)	Beef burger in bun + chips (1)
3 / 7	Option 2 (V)	Vegetable lasagna (1) (9)	Veggie tortilla stack (1) (9)	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)	Shortbread (1)	Cake (1) (7)	Fruit	Cookie (1)
Week 4 (23rd Nov)						
4 / 8	Option 1	Sausage roll & mash potatoes (1) (9)	Minced beef cottage pie	Gammon	Spaghetti Bolognese (1)	Fish fingers + chips (1) (4)
4 / 8	Option 2 (V)	Vegan sausage roll (1)	Sweet potato & Spinach curry	Cauliflower cheese stuffed Yorkshire pudding (1) (7) (9)	Roasted veg pizza (1) (9)	Spring rolls + chili sauce (1)
4 / 8	Vegetables	Beans or peas	Carrots or peas	Cabbage & carrots	Sweetcorn	Peas or beans
4 / 8	Dessert	Cookie (1)	Fruit	Gingerbread man (1)	Fruit	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 (1) is available on a Monday, Wednesday and Friday. Jacket potato is available on Tuesday and Thursday. Toppings will be cheese (9), beans or tomato sauce.

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.

Also Available Daily:

- fresh fruit
- bread
- water
- salad

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.





