The Beacon Folkestone

WEEK 2– MAIN SCHOOL

Monday

Chicken[1] with BBQ Sauce

Vegetable Potato Lasagne[2]

Steamed Rice

&

Garden Peas & Sweetcorn

Salad Tray

Bread[3]

&

Fruit Smoothie[4] with Shortbread Pennies

Yoghurt[5]

Fresh Fruit

ALLERGEN INFORMATION

1 Contains Gluten (Wheat)
2 Contains Gluten (Wheat), Eggs & Milk
3 Contains Gluten (Wheat)
4 Contains Gluten (Wheat)
5 Contains Milk

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Tuesday

Pasta Carbonarra6

Vegetarian Sausage Roll7

New Potatoes

Cauliflower Broccoli & Baby Carrots

Salad Tray

Bread8

Fruit Cheesecake9

Yoghurt10

Fresh Fruit

ALLERGEN INFORMATION

6 Contains Gluten (Wheat), Milk & Mustard
7 Contains Gluten (Wheat) & Eggs
8 Contains Gluten (Wheat)
9 Contains Gluten (Wheat) & Milk
10 Contains Milk

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Wednesday

&

Roast Turkey with Stuffing[11] & Gravy

Quorn Roast with Gravy[12]

&

Roast Potatoes & Steamed Potatoes

Selection of Salads

Bread[13]

&

Fresh Fruit Salad and Ice Cream[14]

Yoghurt[15]

Fresh Fruit

ALLERGEN INFORMATION

11 Contains Gluten (Wheat)
12 Contains Eggs
13 Contains Gluten (Wheat)
14 Contains Milk
15 Contains Milk

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Thursday

& Jamaican Chicken[16] & Rice

Potato Topped Vegetable Pie[17]

& Broccoli Florets & Baby Carrots

Salad Tray

Bread[18]

& Gingerbread[19] & Custard[20]

Yoghurt[21]

Fresh Fruit

ALLERGEN INFORMATION

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16 **Contains Soya Beans & Gluten (Wheat)**
17 **Contains Eggs**
18 **Contains Gluten (Wheat)**
19 **Contains Eggs & Gluten (Wheat)**
20 **Contains Milk**
21 **Contains Milk**

Friday

Fish with Sweet Chilli Glaze[22]

Macaroni Cheese[23]

Chipped Potatoes

&

Baked Beans & Garden Peas

Salad Tray

Bread[24]

Fruit Trifle[25]

Yoghurt[26]

Fresh Fruit

ALLERGEN INFORMATION

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[22] **Contains Fish**

[23] **Contains Gluten (Wheat), Milk & Mustard**

[24] **Contains Gluten (Wheat)**

[25] **Contains Milk, Eggs & Gluten (Wheat)**

[26] **Contains Milk**

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