



**Week 1/** 6th Sept, 3rd Oct, 7th Nov, 5th Dec

### Monday

<b>Traditional English</b>	Homemade Oved Baked Traditional Pizza with Italian Sauce & Mozzarella Cheese
<b>Halal</b>	
<b>Vegetarian</b>	
<b>Starchy foods</b>	Oven Baked Chips
<b>Vegetables</b>	Baked beans
<b>Dessert</b>	Lemon Sponge & Custard

### Tuesday

<b>Traditional English</b>	Winter Stew and Dumplings
<b>Halal</b>	Chicken Korma
<b>Vegetarian</b>	Cauliflower, Potato & Chickpea Curry
<b>Starchy foods</b>	Creamy Mash/ Rice or Naan
<b>Vegetables</b>	Mixed Veg
<b>Dessert</b>	Apple Pie & Cream

### Wednesday

<b>Traditional English</b>	Spaghetti Bolognaise
<b>Halal</b>	
<b>Vegetarian</b>	Vegetable Ravioli
<b>Starchy foods</b>	Garlic Bread / Spaghetti
<b>Vegetables</b>	Seasonal Mixed Salad
<b>Dessert</b>	Chocolate Orange Pudding & Custard

### Thursday

<b>Traditional English</b>	Roast Chicken and Yorkshire Pudding
<b>Halal</b>	
<b>Vegetarian</b>	Quorn Sausage & Yorkshire pudding
<b>Starchy foods</b>	Roast Potatoes & Sage Stuffing
<b>Vegetables</b>	Broccoli & Cauliflower
<b>Dessert</b>	Vanilla Ice Cream & Peaches

### Friday

<b>Traditional English</b>	Cod Fish Fingers
<b>Halal</b>	
<b>Vegetarian</b>	Cheese Flan
<b>Starchy foods</b>	New Potatoes
<b>Vegetables</b>	Peas & Sweetcorn
<b>Dessert</b>	Raisin & Oat Cookie

### Daily Options

Salad bar & Cheesy Coleslaw, Fresh bread  
Oven Baked Jacket Potato   
with 1or 2 fillings of tuna mayo, Cheese   
or baked beans  
Fresh Fruit or yogurt



**Week 2/** 12th Sept, 10th Oct, 14th Nov, 12th Dec

### Monday

<b>Traditional English</b>	Oven Baked Muffin Pizza with Italian Sauce & Mozzarella Cheese
<b>Halal</b>	
<b>Vegetarian</b>	
<b>Starchy foods</b>	Oven Baked Chips
<b>Vegetables</b>	Baked Beans
<b>Dessert</b>	Apple & Blackberry Crumble & Custard

### Tuesday

<b>Traditional English</b>	Cottage Pie
<b>Halal</b>	Chicken & Spinach Masala
<b>Vegetarian</b>	Chickpea & Potato Curry
<b>Starchy foods</b>	Mashed Potato / Naan or Rice
<b>Vegetables</b>	Carrots and Courgettes
<b>Dessert</b>	Strawberry Smoothie

### Wednesday

<b>Traditional English</b>	Creamy Tuna Pasta Bake
<b>Halal</b>	
<b>Vegetarian</b>	Macaroni Cheese
<b>Starchy foods</b>	Crusty Wholemeal Bread
<b>Vegetables</b>	Mixed Salad
<b>Dessert</b>	Peach Pineapple Berry Pud & Custard

### Thursday

<b>Traditional English</b>	Chicken Burger
<b>Halal</b>	
<b>Vegetarian</b>	Quorn Burger
<b>Starchy foods</b>	Sweet Potato Wedges
<b>Vegetables</b>	Mixed Salad
<b>Dessert</b>	Manchester Tart

### Friday

<b>Traditional English</b>	Battered Fish or Salmon Goujons
<b>Halal</b>	
<b>Vegetarian</b>	Cheesy Jackets
<b>Starchy foods</b>	Chips
<b>Vegetables</b>	Mushy or Garden Peas
<b>Dessert</b>	Flapjack

### Daily Options

Salad bar & Orange, Carrot & Sultana, Fresh bread  
Oven Baked Jacket Potato   
with 1or 2 fillings of tuna mayo, Cheese   
or baked beans  
Fresh Fruit or yogurt



**Week 3 /** 19th Sept, 17th Oct, 21st Nov

### Monday

<b>Traditional English</b>	Sliced Bagel Pizza Topped with Italian Sauce & Mozzarella Cheese
<b>Halal</b>	
<b>Vegetarian</b>	
<b>Starchy foods</b>	Oven Baked Chips
<b>Vegetables</b>	Baked Beans
<b>Dessert</b>	Orange Sponge Cake & Custard

### Tuesday

<b>Traditional English</b>	Meatballs in Sauce
<b>Halal</b>	
<b>Vegetarian</b>	Vegetable Goulash
<b>Starchy foods</b>	Penne Pasta
<b>Vegetables</b>	Sliced Green Beans & Sweetcorn
<b>Dessert</b>	Choco Brownie

### Wednesday

<b>Traditional English</b>	Chicken & Pasta Bake
<b>Halal</b>	
<b>Vegetarian</b>	Veggie Fingers
<b>Starchy foods</b>	Garlic Bread/ Potato Wedges
<b>Vegetables</b>	Mixed Salad
<b>Dessert</b>	Ginger & Sultana Sponge & Custard

### Thursday

<b>Traditional English</b>	Roast Beef & Yorkshire Pudding
<b>Halal</b>	
<b>Vegetarian</b>	Chilli Bean Casserole
<b>Starchy foods</b>	Potatoes or Rice
<b>Vegetables</b>	Broccoli & Cauliflower
<b>Dessert</b>	Cheese & Biscuits with Grapes

### Friday

<b>Traditional English</b>	Tuna & Cheese Panini or Cheese & Baked Bean Panini
<b>Halal</b>	
<b>Vegetarian</b>	Homemade Onion Bhaji & Chutney
<b>Starchy foods</b>	Tandoori Potatoes
<b>Vegetables</b>	Garden Peas / Baked Beans
<b>Dessert</b>	Abbey Biscuits and Fresh Fruit

### Daily Options

Salad bar & Rice Salad, Fresh bread  
Oven Baked Jacket Potato   
with 1or 2 fillings of tuna mayo, Cheese   
or baked beans  
Fresh Fruit or yogurt





### Monday

Traditional English	Oven Baked Wholemeal Baguette
Halal	With Italian Sauce & Mozzarella Cheese
Vegetarian	
Starchy foods	Oven Baked Chips
Vegetables	Baked Beans
Dessert	Homemade Rice Pudding & Fruit Sauce

### Tuesday

Traditional English	Pork Sausage & Yorkshire Pudding
Halal	Beef Sausage & Yorkshire Pudding
Vegetarian	Tuna & Cheese Puff Pastry Baskets
Starchy foods	Creamy Mash
Vegetables	Carrots & Roast Parsnips
Dessert	Fruit Pots

### Wednesday

Traditional English	Sweet Chilli Chicken Noodles
Halal	
Vegetarian	Tomato Pasta Pot
Starchy foods	Noodles / Pasta
Vegetables	Broccoli
Dessert	Rhubarb Crumble & Custard

### Thursday

Traditional English	<b>WHOLE</b>
Halal	<b>SCHOOL</b>
Vegetarian	<b>THEME</b>
Starchy foods	<b>DAY</b>
Vegetables	<b>Pupil Choice Menu!!</b>
Dessert	<b>Details to follow!!</b>

### Friday

Traditional English	Homemade Fishcakes
Halal	
Vegetarian	Cheese on Wholemeal Toast
Starchy foods	Roast Potatoes
Vegetables	Mixed Veg
Dessert	Chocolate Arctic Roll

### Daily Options

Salad bar & Celery & Apple Salad, Fresh bread  
 Oven Baked Jacket Potato   
 with 1or 2 fillings of tuna mayo, Cheese   
 or baked beans   
 Fresh Fruit or yogurt



### Healthy Choices

- Children who have a balanced meal at lunchtime can concentrate better and are more receptive in afternoon lessons.
- Sitting down and eating together helps children develop social and interpersonal skills.

### Did You Know....?

- We Served over 63,000 meals last year.
- 78% of our pupils have our School Meals.
- All our meat dishes are cooked in separate areas. Halal Meat is only used for Halal Options.
- We buy only quality ingredients from suppliers who we trust.

*\*All items are subject to availability*

*\*Meals are to be paid for in advance every Monday*

### Free School Meals

Are available for.

- All pupils in Reception, Year 1 and Year 2.
- Your child may also receive free meals and milk if you receive income support or Jobseeker's allowance (income based)

*If you think your child may be entitled to free school meals please contact the school office who will assist you with the application.*



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## Allerton Primary School School Meals Menu Autumn Term 2016



**All Meals to be paid at least weekly in advance through ParentPay or at Local PayPoint Locations**



*Allerton Primary School and Nursery is committed to safeguarding children and all adults in school are subject to vetting checks including an enhanced DBS check.*