

SS Osmund and Andrew Primary School Menu May – October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1</p> <p>Cheese & tomato pizza (v) Filled jacket potato</p> <p>Carbohydrate included in main meal</p> <p>Sweetcorn Orange crunch muffin</p> <p>Hot dog Tomato ketchup</p> <p>Oven baked jacket wedges</p> <p>Sweetcorn Apple muffin</p>	<p>Baked sausage Quorn sausage (v) Cheese flan (v)</p> <p>Mashed potatoes</p> <p>Baked beans Frozen fruit yoghurt</p> <p>Baked gammon Cheese whirl (v)</p> <p>Boiled potatoes</p> <p>Baked beans Orange jelly with topping Strawberry Jelly with Topping</p> <p>Pork meatballs in gravy Vegeballs in gravy (v)</p> <p>Wholegrain rice</p> <p>Sweetcorn Aussie crunch</p>	<p>Pork loin steak in gravy Salmon in a lemon crumb Quorn slice in gravy (v)</p> <p>Roast potatoes</p> <p>Broccoli, cauliflower & carrot mix Shortbread & Fruit "</p> <p>Fresh bread available daily</p> <p>Roast Chicken in Gravy Quorn Balti (v) Gravy</p> <p>Roast potatoes</p> <p>Carrot batons Oat Cookie & fruit portion</p> <p>Chicken wrap Pasta in tomato sauce (v)</p> <p>Oven baked jacket wedges</p> <p>Coleslaw Selection of fresh fruit</p>	<p>Bolognese Cheese & onion panini (v)</p> <p>Oven baked jacket wedges Wholemeal pasta Carrot roundels Chocolate Fudge cake</p> <p>Meat pie Tomato pasta Gravy</p> <p>Mashed potatoes</p> <p>Green beans Ice cream tub</p> <p>Chicken Balti Vegetarian sausage roll (v)</p> <p>Wholegrain rice Broccoli, cauliflower & carrot mix Artic Roll & Fruit</p>	<p>Fish fingers Filled jacket potato</p> <p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Harry Ramsden battered fish Egg mayonnaise sandwich (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Breaded cod Omelette (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Shortbread & fruit portion</p>
<p>WEEK 2</p> <p>Hot dog Tomato ketchup</p> <p>Oven baked jacket wedges</p> <p>Sweetcorn Apple muffin</p>	<p>Boiled potatoes</p> <p>Baked beans Orange jelly with topping Strawberry Jelly with Topping</p> <p>Pork meatballs in gravy Vegeballs in gravy (v)</p> <p>Wholegrain rice</p> <p>Sweetcorn Aussie crunch</p>	<p>Roast potatoes</p> <p>Broccoli, cauliflower & carrot mix Shortbread & Fruit "</p> <p>Fresh bread available daily</p> <p>Roast Chicken in Gravy Quorn Balti (v) Gravy</p> <p>Roast potatoes</p> <p>Carrot batons Oat Cookie & fruit portion</p> <p>Chicken wrap Pasta in tomato sauce (v)</p> <p>Oven baked jacket wedges</p> <p>Coleslaw Selection of fresh fruit</p>	<p>Oven baked jacket wedges Wholemeal pasta Carrot roundels Chocolate Fudge cake</p> <p>Meat pie Tomato pasta Gravy</p> <p>Mashed potatoes</p> <p>Green beans Ice cream tub</p> <p>Chicken Balti Vegetarian sausage roll (v)</p> <p>Wholegrain rice Broccoli, cauliflower & carrot mix Artic Roll & Fruit</p>	<p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Harry Ramsden battered fish Egg mayonnaise sandwich (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Breaded cod Omelette (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Shortbread & fruit portion</p>
<p>WEEK 3</p> <p>Pizza (cooks choice) Filled jacket potato</p> <p>Carbohydrate included in main meal</p> <p>Baked beans Iced sponge</p>	<p>Vegeballs in gravy (v)</p> <p>Wholegrain rice</p> <p>Sweetcorn Aussie crunch</p>	<p>Roast potatoes</p> <p>Broccoli, cauliflower & carrot mix Shortbread & Fruit "</p> <p>Fresh bread available daily</p> <p>Roast Chicken in Gravy Quorn Balti (v) Gravy</p> <p>Roast potatoes</p> <p>Carrot batons Oat Cookie & fruit portion</p> <p>Chicken wrap Pasta in tomato sauce (v)</p> <p>Oven baked jacket wedges</p> <p>Coleslaw Selection of fresh fruit</p>	<p>Oven baked jacket wedges Wholemeal pasta Carrot roundels Chocolate Fudge cake</p> <p>Meat pie Tomato pasta Gravy</p> <p>Mashed potatoes</p> <p>Green beans Ice cream tub</p> <p>Chicken Balti Vegetarian sausage roll (v)</p> <p>Wholegrain rice Broccoli, cauliflower & carrot mix Artic Roll & Fruit</p>	<p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Harry Ramsden battered fish Egg mayonnaise sandwich (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Selection of fresh fruit</p> <p>Breaded cod Omelette (v)</p> <p>Tomato ketchup Chips</p> <p>Garden peas Shortbread & fruit portion</p>

Fresh fruit and chilled drinks available daily

MENU DATES FOR MAY – OCTOBER 2018

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