

School Lunch Menu September 2019-July 2020

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3	WEEK 1	WEEK 2	WEEK 3
Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option			Main and Vegetarian Option		
Chicken & Vegetable Pie	Quorn Style Dippers with Tomato Relish	Meatballs in Tomato & Herb Pasta Twists Garlic & Herb Bread	Cheese Omelette	Baked Pork Sausages with Yorkshire Pudding	BBQ Chicken Grill	Homemade Cheese & Tomato Pizza	Beef Burger	Turkey Cobbler	Roast Pork with Sage and Onion Stuffing	Quorn Korma	Roast Beef with Yorkshire Pudding	Cod Fishcakes	Cod Fish Fingers Or Salmon Fish Fingers	
Creamed Potatoes	Chips		Hash Browns	Creamed Potatoes	Seasoned Wedges	Country Diced Potatoes	Quorn Burger (V)	New Potatoes	Oven Roast Potatoes	Steamed Rice	Oven Roast Potatoes	Crispy Coated Fish	Seasoned Wedges	Chips
Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments			Hot Seasonal Vegetables and Accompaniments		
Broccoli	Garden Peas	Sweetcorn	Baked Beans	Spring Cabbage	Garden Peas	Sweetcorn	Colesaw	Broccoli	Turnip	Minted Apple & Cucumber Salad	Savoy Cabbage	Mushy Peas	Baked Beans	Beetroot
Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*	Salad Bar*
Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls	Assortment of fresh bread and rolls
Dessert			Dessert			Dessert			Dessert			Dessert		
Frozen Yoghurt or Fresh Fruit	Chocolate Brownie Chocolate Sauce	Lemon Drizzle Cake Custard	Sticky Orange Sponge Custard	Frozen Strawberry Mousse	Mixed Fruit Cookie	Apple Crumble Muffin	Chilled Yoghurt Fresh Fruit Salad	Shortbread Custard	Fresh Fruit Salad Yoghurt	Iced Sponge Custard	Ice Cream Tub	Fruity Flapjack Custard	Fruit Salad Frozen Yoghurt	Fresh Fruit Selection Chilled Yoghurt
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt	Low fat yoghurt
Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits	Cheese and biscuits
Drinks			Drinks			Drinks			Drinks			Drinks		
Milk or Fruit	Fresh drinking water	Fresh drinking water	Fresh drinking water	Milkshake or Fruit	Fresh drinking water	Milkshake or Fruit	Milkshake or Fruit	Fresh drinking water	Fresh drinking water	Fresh drinking water	Milkshake or Fruit	Fresh drinking water	Milkshake or Fruit	Milkshake or Fruit

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concentrate (squash)				concentrate (squash)		concentrate (squash)	concentrate (squash)				concentrate (squash)		concentrate (squash)	concentrate (squash)
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*Salad Bar: Cucumber; Pasta; Sweetcorn; Peppers; Tomatoes; Cress; Lettuce; Coleslaw; Beetroot

Wednesday 9th January 2019

Dear Parents/Carers,

We would like to make you aware of a few changes we have to our school meal menu as of next week, the changes that have been made are highlighted. It is a rotational menu each week. Children can still choose from the salad bar each day and there are a selection of desserts, fresh fruit, low fat yogurt and cheese and biscuits.

If you have any questions please call into the school office.

Yours sincerely

Mrs Cleary
Headteacher