



Winkleigh Primary School Menu Spring 2019



**Available daily: Jacket potato with a choice of fillings (cheese, beans or tuna);
Baguette with a choice of fillings (cheese, tuna or egg mayo);**

Fresh home-made bread, fresh salad and seasonal vegetables, and cut fruit, milk and water. *Special Box Meals on Fridays in the last week of the month.*

WEEK 1: Weeks commencing:
14/01; 11/02; 18/03;

WEEK 2: Weeks commencing:
21/01; 25/02; 25/03

WEEK 3: Weeks commencing:
28/01; 04/03; 01/04

WEEK 4: Weeks commencing:
07/01; 04/02; 11/03;

Monday

Cheese and Tomato Pizza
Mediterranean tart
Served with pasta and seasonal vegetables
Followed by Meringue nest and fruit

Tuesday

Sausage wheel
Meat free sausages
Served with creamed potatoes, spaghetti hoops and seasonal vegetables
Followed by Fruit and yoghurt

Wednesday

Roast beef and Yorkshire pudding
Cauliflower and broccoli bake
Served with roast potatoes and seasonal vegetables
Followed by Cheese and biscuits

Thursday

Chicken korma (mild)
Quorn korma
Served with wholegrain rice and naan bread
Followed by Fruit and yoghurt

Friday

Chicken goujons
Salmon bites
Vegetarian burger
Served with golden fries and baked beans or peas
Followed by Chocolate rice crispy cake

Monday

Meat pizza
Cheese and tomato pizza
Served with pasta and seasonal vegetables
Followed by Pancake and fruit

Tuesday

Pasty
Vegetable pasty
Served with creamed potatoes and seasonal vegetables
Followed by Fruit and yoghurt

Wednesday

Roast gammon and pineapple
Tomato tumbler
Served with roast potatoes and seasonal vegetables
Followed by Cheese and biscuits

Thursday

Meatballs and pasta
Vegetarian meatballs and pasta
Served with wholegrain roll and seasonal vegetables
Followed by Fruit and yoghurt

Friday

Fish Fingers
Bean Burger
Served with golden fries and baked beans or sweetcorn
Jacket potato with salmon
Followed by Chocolate shortcake and custard

Monday

Spicy chicken pizza
Vegetable pizza
Served with pasta and seasonal vegetables
Followed by Strawberry whip and fruit

Tuesday

Sausage roll
Vegetarian burger
Served with creamed potatoes, spaghetti hoops and seasonal vegetables
Followed by Fruit and yoghurt

Wednesday

Roast turkey and stuffing
Quorn roast
Served with roast potatoes and seasonal vegetables
Followed by Fruit crumble

Thursday

Lasagne
Vegetarian bolognaise
Served with garlic bread and seasonal vegetables
Followed by Fruit and yoghurt

Friday

Fish fingers
Cheese wheel
Served with golden fries and vegetable sticks
Followed by Ice cream and fruit

Monday

Sausage and mash
Macaroni cheese
Served with garlic and herb bread, or wholegrain roll, and seasonal vegetables
Followed by Shortcake and custard

Tuesday

Cottage pie
Vegetarian cottage pie
Served with wholegrain crusty bread
Followed by Fruit and yoghurt

Wednesday

Roast pork
Vegetarian crumble
Served with roast potatoes and seasonal vegetables
Followed by Cheese and biscuits

Thursday

Beef cobbler
Vegetarian toad in the hole
Served with creamed potatoes and seasonal vegetables
Followed by Fruit and yoghurt

Friday

Fish fingers
Vegetarian nuggets
Served with golden fries and seasonal vegetables
Followed by Cake and custard

Food Standards

Our menu meets the food standards.

These include:

- 1 or more portions of vegetables or salad as an accompaniment every day
- at least 3 different fruits, and 3 different vegetables each week
- an emphasis on wholegrain foods in place of refined carbohydrates
- an emphasis on making water the drink of choice:
- limiting fruit juice portions to 150mls
- restricting the amount of added sugars or honey in other drinks to 5%
- no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
- no more than 2 portions of food which include pastry each week
- our portion sizes adhere to the guidance given in the School Food Standards

The full School Food Standards Guide can be found at:-

<http://www.schoolfoodplan.com/actions/school-food-standards>