

## NORTH FERRIBY PRIMARY SCHOOL - MENU (Autumn/Winter 2019-2020)

	Week commencing	Monday	Tuesday	Wednesday	Thursday	Friday
M E N U 1	2 September	Sausage & onion baguette	Sticky chicken Rice	Gammon & pineapple Roast potatoes	Spaghetti Bolognaise Crusty bread	Fish nibbles (salmon) & tomato sauce
	23 September	Oven baked wedges	Mixed vegetables	Cauliflower & broccoli cheese	Baby carrots Green beans	Chips
	14 October	Baked beans				Garden peas
	11 November	Sultana shortcake & custard	Iced cookies with fruit wedges & milkshake	Banoffee Mousse & bananas	Chocolate Krispie slice & Mandarins	Sweetcorn
	02 December	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	Lemon Drizzle & custard
	06 January					or Fresh Fruit/Yoghurt
	27 January					
M E N U 2	09 September	Chicken pizza	Meatballs in tomato sauce	Roast beef & Yorkshire pudding	Chicken curry	Fish fingers
	30 September	Wedges	Rice or pasta	Mashed potato	Rice	Chips
	21 October	Garden peas	Sweetcorn	Broccoli	Vegetable medley	Baked beans
	18 November	Arctic Roll & peaches	Green beans	Baby carrots	Melting Moment & milkshake	Orange sponge & chocolate sauce
	09 December	or Fresh Fruit/Yoghurt	Apple crisp & custard	Frosted chocolate cake	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt
	13 January		or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt		
	03 February					
M E N U 3	16 September	Italian chicken fillet & pasta in tomato sauce	Pulled pork in a soft bun	Roast chicken & stuffing	Chicken sweet & sour	Fillet of fish
	07 October		Wedges	Mashed potato	Rice/Crusty bread	Chips
	04 November	Baby carrots	Coleslaw	Cauliflower	Peas	Baked beans
	25 November	Garden peas	Salad	Broccoli	Sweetcorn	Fruit cheesecake
	16 December	Steamed jam sponge & custard	Chocolate crunch & chocolate sauce	Frozen yoghurt & fruit	Chocolate sponge with sliced pear & custard	or Fresh Fruit/Yoghurt
	20 January	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	or Fresh Fruit/Yoghurt	
	10 February					

**Please note: Any vegetarian requests are dealt with on a daily basis with our cook. She will let your child know the vegetarian option available that day.**

Full allergen information is available and special dietary requirements can be catered for, please contact your school for details. It may be necessary to change the menu without prior notice.