

PRIMARY MENUS from September 2019 to July 2020

Week commencing – 02/09/2019

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	British Pork Frankfurter Hot Dog Bread Roll Chips	Minced Beef Or Beef Strips	Roast Chicken with Accompaniments Creamed Potatoes	All Day Breakfast. Selection of Breakfast Items.	Fish Friday Creamed Potatoes (Salmon Fish Finger available)
Vegetarian Option	Homemade Spicy Pizza	Quorn Curry Rice and Nann	Oven Baked Quorn Sausage or Quorn Fillet	Homemade Quiche	Pasta Twists in a Homemade Tomato Sauce with Crusty Roll and Side Salad
Accompaniments Seasonal Veg	Sweetcorn Garden Peas Tomato Sauce	Accompaniments to compliment the dish. Broccoli Carrots	Cauliflower Green Beans Gravy	Baked Beans Mushrooms	Garden Peas Beetroot Parsley Sauce
Salad Bar Selection And Bread Seletion	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection
2nd Course	Cookie (HM) and Fruit Wedge	Fruit Crumble (HM) with Custard	Chocolate Sponge (HM) Chocolate Sauce	Artic Roll	Raspberry Bun (HM)
Daily Selection	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Oaty Fruit Flapjack (HM) Fresh Fruit Selection	Homemade Humus with Veg Sticks and Pitta Fresh Fruit Selection	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruity Friday Fresh Fruit Selection
Filled Jacket Potato or Savoury Tray	Jacket Potato with Hot or Cold Filling (V)	Filled Taco (V on request)	Hot Roast Bap	Breakfast Muffin (V on request)	Jumbo Fish Finger Roll

All meals are freshly cooked in the schools own kitchen.

All meat is fresh and UK sourced from farms within the region.

All homemade desserts have a reduced sugar content. (HM)

A selection of wholemeal and best of both bread available daily.

With the exception of chips, our food is cooked using oven baking and steaming methods.

Water is available each day.

We use seasonal fruits & vegetables.

As well as vegetarian meal of the day, a vegetarian alternative is available. (V)