

# PRIMARY MENUS From September 2019 to July 2020

Week Commencing 09/09/2019

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice Homemade Oven Baked Wedges	Homemade Meat Pie (Mince Pork) Roast Potatoes,	Roast Pork with Accompaniments. Creamed Potatoes	British Oven Baked Pork Sausage Yorkshire Pudding Creamed Potato	Fish Friday Chips ½ Bread Slice (Salmon alternative available)
<b>Vegetarian Option</b>	Quorn Meatballs & Rice	Southern Style Burger In Wholemeal Bread roll	Macaroni Cheese and Crusty Roll or Quorn Fillet	Quorn & Vegetable Pie.	Penne Pasta In Homemade Tomato Sauce with Crusty Roll and Side Salad
<b>Accompaniments Seasonal Veg</b>	Baked Beans Coleslaw Green Salad	Sliced Carrots Mushy/Garden Peas Gravy Mint Sauce	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas Baton Carrots Tomato Sauce
<b>Salad Bar Selection Bread Selection</b>	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection
<b>2<sup>nd</sup> Course</b>	Apple Sponge (HM) with Custard	Jelly with Fruit With Ice cream	Victoria Sponge (HM) with Fruit Wedge	Rice Pudding (HM) With Fruit	Chocolate Brownie (HM)
<b>Daily Selection</b>	Fruit Muffin (HM) Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Homemade Humus with Vegsticks and Pitta Bread Fresh Fruit Selection	Homemade Cookie Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruity Friday Fresh Fruit Selection
<b>Filled Jacket Potato or Savoury Plate</b>	Filled Jacket Potato with Hot or Cold Filling (V)	Katsu Dipper Naanwich (V on request)	Hot Roast Bap	Homemade Filled Calzone Pizza (V)	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.

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)