

Ingrow Primary School Menu - Week 3

Week Commencing:
30th Apr, 21st May,
11th Jun, 2nd Jul,
23rd Jul, 17th Sep
and 8th Oct

Mon

Choose from...

- Pork Meatballs (Gluten Free)
- Halal Mumbai Meatballs
- Quorn & Pepper Fajitas

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Mandarin Sponge
Strawberry & Vanilla Mousse



Tues

Choose from...

- Cornish Pie
- Halal Crofter's Pie
- Cheese & Onion Quiche

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Peach Oaty Crumble
Decorated Bun

Did you know?...

Bananas give you lots of energy to keep you going through the day in all your work and play.

Wed

Choose from...

- Beef Lasagne
- Halal Lasagne
- Quorn Meatballs in Curry Sauce

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Pear & Vanilla Sponge
Mandarin Jelly



Thurs

Choose from...

- Tuna & Sweetcorn Pizza
- Halal Chicken Tikka Pizza
- Cheese & Tomato Pizza

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Mixed Fruit Crumble
Fresh Fruit Salad



Fri

Choose from...

- Tempura Battered Goujons
- Quorn Sausage

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Chocolate Sponge
Frozen Yoghurt



School Catering at Ingrow Primary School

This leaflet contains details of the menu at Ingrow after the Easter holiday.

Tasty, nutritious school meals have been provided in the Bradford district for many years.

The Universal Infant Free School Meals scheme means these meals are provided **FREE to all primary school children in reception class and Years 1 & 2.**



There are no forms to fill in, or other eligibility criteria. So if your child is in one of these year groups, you can simply send them along to school to enjoy a delicious free lunch each day. If you would be eligible for free school meals (see criteria overleaf), it's a good idea to still register as your school will benefit from extra funding.

Please Note: For children in Years 3-6, meals will be priced at £1.70, which is still great value for money.



We're now displaying **"Food for Life Served Here"** along with our menu information. **"Food for Life Served Here"** demonstrates that the school food we provide in school is ethical, sustainable and fresh, free from nasty additives and trans fats and meets school food standards. The award guarantees that food meets high standards of provenance and traceability.



More information on the meals we provide, along with detailed allergen information is available online at

www.bradford.gov.uk/schoolmeals

The wording in this publication can be made available in other formats such as large print. Please call: 01274 431404.

Ingrow Primary School Menu - Week 1

Week Commencing:
16th Apr, 7th May,
18th Jun, 9th Jul,
3rd Sept, 24th Sept
and 15th Oct

Mon Choose from...
Beef Burger
Halal Ranch Burger
Vegetable Soya Bolognese

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Marble Sponge
Frozen Smoothie



Did you know?...
One orange provides a range of vitamins and minerals; a staggering 130 percent of your vitamin C needs for the day!

Tues Choose from...
Mild Chicken Katsui Curry
Halal Meat Rogan Josh
Cheese Lattice

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Mixed Fruit Crumble
Angel Delight

Wed Choose from...
Roast Turkey Dinner
Halal Chicken & Spinach Curry
Quorn Burger

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Rice Pudding, Peaches & Jam
Cocoa Buns



Thurs Choose from...
Ham & Pineapple Pizza
Tuna & Sweetcorn Pizza
Cheese & Tomato Pizza

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Jam Sponge
Fresh Fruit Salad



Fri Choose from...
Gluten Free Fish Fingers
Quorn Frankfurter

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Chocolate & Pear Sponge
Autumn Fruit Salad



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- ✓ All main meals are accompanied with either potatoes, rice or naan bread, seasonal vegetables or salad, and fresh bread.
- ✓ All meat is from farms which satisfy UK welfare standards.
- ✓ All fresh vegetables and potatoes are locally sourced, wherever possible.
- ✓ All our fish, vegetarian, and cheese dishes are suitable for Muslims.

- ✓ All desserts are suitable for vegetarians and Muslims.
- ✓ We do not use preservatives or additives that are unsuitable for children.
- ✓ We have a no nut and no genetically modified ingredient policy.
- ✓ The school meals provider at Ingrow have been awarded the bronze standard.



Approved by
COUNCIL OF
MOSQUES



Ingrow Primary School Menu - Week 2

Week Commencing:
23rd Apr, 14th May,
4th June, 25th Jun,
16th Jul, 10th Sept
and 1st Oct

Mon Choose from...
Pork Sausage
Halal Sheesh Kebab
Quorn & Pepper Fajitas

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Mandarin Sponge
Peach Cheesecake



Did you know?...
Apples are very nutritious. This means they are good for you. Apples are filled with potassium, vitamin C, carbohydrates, fibre and antioxidants.

Tues Choose from...
Pasta Bolognese
Halal Spicy Chicken Rolls
Vegetable Lasagne

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Pineapple Upside Down Cake
Cream Cheese, Crackers

Wed Choose from...
Roast Turkey Dinner
Halal Keema Pilau
Quorn Meatballs with Gravy

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Orange & Lemon Sponge
Mandarin Jelly



Thurs Choose from...
Ham & Mushroom Pizza
Tuna & Sweetcorn Pizza
Cheese & Tomato Pizza

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Chocolate & Mandarin Sponge
Fresh Fruit Salad



Fri Choose from...
Harry Ramsden's Fish Fillet
Quorn, Spinach & Potato Curry

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps
Desserts...
Jam Sponge
Honey, Banana & Yoghurt



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Children in Years 3 to 6 could also get School Meals for FREE

Your child is entitled to free school meals if you receive any of the following*:

- Income Support
- Universal Credit
- Pension Credit (Guarantee Credit only)
- Income based Jobseekers Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit with an annual income of less than £16,190, if not receiving Working Tax Credit
- Income-related Employment and Support Allowance
- Working Tax Credit run-on

Registering for Free School Meals means your school gets extra money from the government, known as the pupil premium. For more information on free school meals please tel: 01274 432772 or email: benefits@bradford.gov.uk Or check/apply online at www.bradford.gov.uk/benefits