

PRIMARY YOUNG ENCOUNTERS HEALTHY CHOICES – SEPTEMBER 2018-JULY 2019

Week commencing	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Week One:</p> <p>03/09/18, 24/09/18, 15/10/18, 12/11/18, 03/12/18, 07/01/19, 28/01/19, 25/02/19, 18/03/19, 08/04/19, 13/05/19, 10/06/19, 01/07/19, 22/07/19</p>	<p>All Day Breakfast – Bacon, Sausage, Hash Brown, Scrambled Egg</p> <p>Homemade Quiche</p> <p>Served with: Baked Beans Mushrooms</p> <p>Jacket Potato</p> <p>Arctic Roll Fruit Flapjack Yogurts</p>	<p>Spaghetti Bolognaise Crusty Roll</p> <p>Quorn Sausages Jacket Wedges</p> <p>Served with: Peas Sweetcorn</p> <p>Jacket Potato</p> <p>Apple Crumble & Custard Raspberry Buns Ice Cream</p>	<p>Roast Pork, Apple Sauce, Yorkshire Puddings Creamed Potatoes</p> <p>Vegetarian Burger</p> <p>Served with: Broccoli Baton Carrots Gravy</p> <p>Jacket Potato</p> <p>Iced Cherry Bakewell Yoghurts</p>	<p>Chicken Curry & Rice Naan Bread</p> <p>Quorn Keema Curry, Rice & Naan Bread</p> <p>Served with: Cauliflower, Green Beans Or Salad & Sweetcorn</p> <p>Jacket Potato</p> <p>Chocolate Sponge with Chocolate Sauce Raspberry Ripple Ice Cream</p>	<p>Battered Fish & Chips</p> <p>Homemade Pasta Bake served with crusty roll and side salad</p> <p>Served with: Garden peas or Beetroot Parsley or Tomato Sauce</p> <p>Jacket Potato</p> <p>Lemon Shortcake with Custard Victoria Cake Slice with Fruit Wedge</p>
<p style="text-align: center;">Week Two:</p> <p>10/09/18, 01/10/18, 22/10/18, 19/11/18, 10/12/18, 14/01/19, 04/02/19, 04/03/19, 25/03/19, 29/04/19, 20/05/19, 17/06/19, 08/07/19.</p>	<p>Pizza Slice</p> <p>Macaroni Cheese Crusty Roll</p> <p>Served with: Baked Beans Coleslaw or Green Salad</p> <p>Jacket Potato</p> <p>Toffee Apple Sponge with Custard Waffle with Berries Ice Cream & Toffee Sauce</p>	<p>Homemade Pork Plate Pie Roast Potatoes</p> <p>Quorn Meatballs in Tomato Sauce with Spaghetti & Crusty Roll</p> <p>Served with: Sliced Carrots Mushy Peas Gravy</p> <p>Jacket Potato</p> <p>Rice Pudding with Fruit Butterfly Buns</p>	<p>Roast Turkey & Stuffing Creamed Potatoes</p> <p>Vegetarian Burger</p> <p>Served with: Cauliflower Cabbage Gravy</p> <p>Jacket Potato</p> <p>Frosted Chocolate Brownie Yoghurts</p>	<p>2 Sausages, Yorkshire Puddings & Creamed Potatoes</p> <p>Vegetarian Chilli & Rice</p> <p>Served with: Broccoli Sweetcorn Gravy</p> <p>Jacket Potato</p> <p>Artic Roll Raspberry Bun</p>	<p>Fish Fingers OR Salmon Fingers & Chips</p> <p>Pasta Swirls in Homemade Tomato Sauce with Crusty Roll.</p> <p>Served with: Garden Peas Baton Carrots Tomato Sauce or Parsley Sauce</p> <p>Jacket Potato</p> <p>Jam Roly Poly with Custard Jelly & Ice Cream</p>
<p style="text-align: center;">Week Three:</p> <p>17/09/18, 08/10/18, 05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/02/19, 11/03/19, 01/04/19, 06/05/19, 03/06/19, 24/06/19, 15/07/19</p>	<p>Southern Style Burger in Wholemeal Breadcake & Chips</p> <p>Crispy Quorn Fajitas with Salad</p> <p>Served with: Green Salad & Coleslaw Salad Cream</p> <p>Jacket Potato</p> <p>Homemade Chocolate Sponge with Chocolate Sauce Fruit Flapjack</p>	<p>Beef Strips in Gravy, Yorkshire Puddings & Creamed Potatoes</p> <p>Quorn Sausages with Gravy</p> <p>Served with: Garden Peas Sweetcorn</p> <p>Jacket Potato</p> <p>Jelly & Ice Cream Chocolate Cookies</p>	<p>Roast Gammon with Pineapple Garlic & Herb Potatoes</p> <p>Quorn Fillet</p> <p>Served with: Baton Carrots Broccoli/Cauliflower Florets with Cheese Sauce</p> <p>Jacket Potato</p> <p>Iced Cake Slice with Fruit Wedges Yoghurts</p>	<p>Butchers Pork Sausage in a Finger Roll Homemade Jacket Wedges</p> <p>Vegetarian Pizza</p> <p>Served with: Baked Beans Braised Onions</p> <p>Jacket Potato</p> <p>Banoffee Pie Homemade Muffins</p>	<p>Fish Cake and Creamed Potatoes</p> <p>Quorn & Tomato Pasta Bake with Crusty Roll</p> <p>Served with: Garden Peas, Sliced Carrots Parsley Sauce or Tomato Sauce</p> <p>Jacket Potato</p> <p>Homemade Syrup Sponge & Custard Caramel Slice</p>

All meals are freshly cooked at school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread is available daily. We use fresh, seasonal fruits & vegetables which are prepared in the school kitchen. There is a daily selection of fresh salad, flavoured yoghurts and fresh fruit. Jacket Potatoes are available with a choice of fillings. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day.