



# SCHOOL DINNERS

## Autumn 2018 - Spring 2019

### From 5<sup>th</sup> November 2018 to 5<sup>th</sup> April 2019

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8<sup>th</sup> October 2018

Dear Parents,

Can you please select, with your child, from the "Pupils Choice" menu listed overleaf their dinner choices for the weeks during the Autumn term until the 5<sup>th</sup> April 2019 which will continue on a rolling system. The cost per meal is £2.50 which equals £12.50 per week for children from Year 3 through to Year 6. For Nursery children the cost per meal is £2.40 which equals £12.00 per week. Children from Reception to Year 2 are entitled to Universal Free School Meals. Unless you are entitled to a Free School Meal, payment must be made in advance. Application forms for a free school meal are available from the school office.

Please can you clearly cross through the box to indicate what your child would like each day, you can mix it up if you want by choosing hot dinners on some days, school provided packed lunch on others. Vegetarian dinners are marked with a (V). We are able to offer the Fun Day Friday option but meals will have to be taken every Friday.

All meals come with a choice of potatoes, pasta, rice, salad and vegetables, followed by a variety of desserts (these can be chosen on the day and vary from day to day). You can guarantee your child will have a balanced meal. I would like to take this opportunity to remind you that a school meal must be taken for the whole week and two weeks notice must be given in writing to the office to change either to or from school dinners or bought in packed lunch. If you require your child to have a school provided meal this form needs to be completed and returned to the school office no later than **Wednesday 17<sup>th</sup> October 2018**.

Yours sincerely,

Jon Hood  
Headteacher

To Cowley Hill School [Please complete and return]

## Autumn 2018/19 Menu

Childs Name: ..... Class: .....

### Week 1

w/c: 5<sup>th</sup> Nov, 26<sup>th</sup> Nov, 17<sup>th</sup> Dec, 7<sup>th</sup> Jan, 28<sup>th</sup> Jan, 25<sup>th</sup> Feb, 18<sup>th</sup> Mar

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Fun Day Friday</u>
1	Lamb Slice	Chicken Curry	Roast Pork	Burger in a Bun	Fish Fillet
2	Southern Style Quorn Grill(V)	Tomato and Veggie Sausage Pasta (V)	Quorn pieces in Yorkshire pudding (V)	Cheese Pinwheel (V)	Cheese and Tomato Pizza (V)
3	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
4	Tuna Roll	Ham Baguette	Cheese Roll	Chicken Baguette	Egg Roll

### Week 2

w/c: 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec, 14<sup>th</sup> Jan, 04<sup>th</sup> Feb, 04<sup>th</sup> Mar, 25<sup>th</sup> Mar

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Fun Day Friday</u>
1	Sausages	Lasagne	Roast Chicken	BBQ Pork	Fish Fingers
2	Vegetarian Roll (V)	Quorn Hot Dog (V)	Vegetable Burrito (V)	Creamy Pasta Bake (V)	Cheese and Tomato Pizza (V)
3	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
4	Tuna Roll	Ham Baguette	Cheese Roll	Chicken Roll	Egg Baguette

### Week 3

w/c: 19<sup>th</sup> Nov, 10<sup>th</sup> Dec, 21<sup>st</sup> Jan, 11<sup>th</sup> Feb, 11<sup>th</sup> Mar, 1<sup>st</sup> Apr

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Fun Day Friday</u>
1	Mexican Beef	Traditional Chicken Pie	Roast Beef	Chicken Wrap	Salmon Fish Fingers
2	Macaroni Cheese	Sweet Potato and Chickpea Curry (V)	Tomato Bolognaise (V)	Vegetable Slice (V)	Cheese and Tomato Pizza (V)
3	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
4	Tuna Baguette	Ham Roll	Chicken Roll	Cheese Baguette	Egg Roll

*All meals come with extras such as roast potatoes, roast veg, pasta, rice, salad, green veg, followed by a variety of desserts (these can be chosen on the day).*

*Option 3 - Jacket Potatoes comes with a choice of fillings (cheese, tuna or baked beans).*