

PRIMARY MENUS from September 2019 to July 2020 - Week 1

Week commencing – 02/09/2019,16/09/2019,30/09/2019,14/10/2019,04/11/2019,18/11/2019,02/12/2019,16/12/2019,13/01/2020,27/01/2020,10/02/2020,02/03/2020,16/03/2020,30/03/2020,27/04/2020,11/05/2020,25/05/2020,08/06/2020,22/06/2020,06/07/2020,20/07/2020

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	British Pork Frankfurter Hot Dog Bread Roll Chips	Beef Strips Yorkshire Puddings	Roast Pork Accompaniments Creamed Potatoes Yorkshire Pudding	All Day Breakfast. Selection of Breakfast Items.	Jumbo Fishfinger Creamed Potatoes
Vegetarian Option	Homemade Spicy Pizza	Quorn Curry Rice and Nann	Quorn Fillet	Breakfast Muffin (Vegetarian)	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. Creamed Potatoes Broccoli Carrots Gravy	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	Filled Taco	Jacket Potato with Hot or Cold Filling (V)	Hot Roast Bap Jacket Potato with Hot or Cold Filling (V)	Breakfast Muffin	Jacket Potato With Hot Or Cold Filling (V)

All meals are freshly cooked in the schools own kitchen.

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

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

We use seasonal fruits & vegetables.

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

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

Water is available each day.