

PRIMARY MENUS from September 2020 to July 2021 - Week 1

Week commencing – 01/09/20, 14/09/20, 28/09/20, 12/10/20, 09/11/20, 23/11/20, 7/12/20, 04/01/21, 18/01/21, 01/02/21, 01/03/21, 15/03/21, 12/04/21, 26/04/21, 10/05/21, 24/05/21, 07/06/21, 21/06/21, 05/07/21

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|--|
| Traditional Meal of the Day | Quorn Sausage 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 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 | 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 | Jacket Potato with Hot or Cold Filling (✓) | Jacket Potato with Hot or Cold Filling (✓) | Jacket Potato with Hot or Cold Filling (✓) | Jacket Potato with Hot or Cold Filling (✓) | Jacket Potato With Hot Or Cold Filling (✓) |

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.