

## PRIMARY MENUS from January 2017 to July 2017

Week commencing – 09/01/17,30/01/17,27/02/17,20/03/17,24/04/17,15/05/17,12/06/17,03/07/17,24/07/17

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	All Day Breakfast Bacon , Sausage, Hash Brown, Scrambled Egg, ½ Sliced Bread	Spaghetti Bolognaise Crusty Roll	Roast Gammon with Pineapple Creamed Potatoes	Chicken Curry Rice Naan Bread	Oven Baked Fish Fingers Chips
<b>Vegetarian Option</b>	Vegetarian Breakfast	Veggie Chilli & Rice	Quorn Fillet	Vegetarian Curry	Vegetarian Sausage
<b>Accompaniments</b>	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Cauliflower Green Beans	Garden Peas Beetroot Tomato Sauce
<b>Salad Bar Selection</b>	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
<b>Desserts - Main</b>	Arctic Roll	Homemade Apple Crumble with Custard.	Iced Cherry Bakewell	Chocolate Sponge with Chocolate Sauce	Homemade Steamed Treacle Sponge with Custard
<b>Daily Selection of Desserts</b>	Decorated Fruit Muffin Yoghurts Fresh Fruit Selection	Raspberry Ripple Ice Cream Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Raspberry Buns Yoghurts Fresh Fruit Selection	Homemade Cookie Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes / Pasta Bar</b>	Pasta Swirls in Home Tomato Sauce with Crusty Roll	Jacket Potato with choice of Hot and Cold Fillings	Jacket potato with choice of Hot and Cold Fillings	Jacket Potato Choice of Hot and Cold Fillings	Pasta Swirls in Home Tomato Sauce with Crusty Roll
<b>Bread Basket</b>	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. 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. We use seasonal fruits & vegetables.