

## PRIMARY MENUS From January 2017 to July 2017

Week Commencing – 02/1/17,23/01/17,13/02/17,13/03/17,03/04/17,08/05/17,05/06/17,26/06/17,17/07/17

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Oven Baked Chicken Goujons Chips	Lasagne Crusty Roll	Roast Chicken Fillet With Stuffing and Yorkshire Pudding Creamed Potatoes	Butchers Pork Sausage in a Finger Roll Jacket Wedges	Battered Fish Creamed Potatoes
<b>Vegetarian Option</b>	Cheese Savoury	Southern Style Burger In a Bun Cheese Savoury	Quorn Fillet	Vegetarian Pizza	Vegetarian Sausage with Gravy
<b>Accompaniments</b>	Green Salad & Coleslaw Salad Cream	Garden Peas Sweetcorn	Baton Carrots Broccoli Gravy	Baked Beans Braised Onions Tomato Sauce	Peas Sliced Carrots Parsley 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>	Homemade Chocolate Sponge with Chocolate Sauce	Jelly & Ice Cream	Iced Cake Slice with Fruit Wedges	Fruit Cheesecake	Homemade Jam Roly Poly with Custard
<b>Daily Selection of Desserts</b>	Fruit Flapjack Yoghurts Fresh Fruit Selection.	Homemade Cookies Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Muffins Yoghurts Fresh Fruit Selection	Chocolate Mousse Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes/ Pasta Bar</b>	Pasta in Homemade 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 with Choice of Hot and Cold Fillings &	Pasta in Homemade 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 served 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.