

WINTER MENU (in place 4 November 2019 – 17 April 2020)

Pupil Name _____ Class _____

I would like my child to be provided with an academy meal and have chosen their options below.
Please tick either Option 1 or Option 2 for a hot meal and Option 3 for the sandwich option.

Signed Parent/Carer _____ Date _____

Please note no changes can be made to choices during the term.

If changing to School Meals from Packed lunch please indicate date to take effect: _____

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 OR	Classic Beef Stew with Herby Dumplings Peas & Carrots 1,4,9	Chicken Masala Pie with Cabbage & Broad Beans 1,4,9	Roast Pork Loin Roast Potatoes Yorkshire Pudding, Cauliflower 1,4	Pasta Bar: Spaghetti or Fussili with Beef Meatballs 1,4,5,7,9	Oven Roast Breaded Fish with Potato wedges and mushy peas 1,6
Option 2 OR	Vegetarian Stew with Herby Dumplings Peas & Carrots 1,4,9	Roast Vegetable Quiche, Potato Wedges with Cabbage 1,4,5,9	Beans and Roast Vegetable Goulash served with Brown Rice and Cauliflower 1,9	Spaghetti or Fussili pasta With Roast Pepper in Tomato and Basil Sauce 1	Cheese and Onion Slice with potato wedges and salad 1,4,5,7,9
Option 3	Chicken Sandwich 1,4,7	Chicken Sandwich 1,4,7	Chicken Sandwich 1,4,7	Chicken Sandwich 1,4,7	Chicken Sandwich 1,4,7
Dessert	Chocolate & Orange Sponge 1,4,5	Melon	Yoghurt 4	Shortbread 1,4	Fresh Fruit Jelly
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 OR	Leek & Potato Pie with Carrot and Sweetcorn 1,4,5	Beef Chilli served with Rice and Green Vegetables 9	Roast Chicken Roast Potatoes Yorkshire Pudding and Broccoli 1,4	Jacket Potato with Lamb Keema or Baked Beans 1,7,9	Salmon & Cod Ocean Pie served with Leeks & Peas 1,4,6,9
Option 2 OR	Butternut Squash, Lentils and Chick Pea Tagine with Basmati Rice, Carrot & Sweetcorn 9	Vegetables Lasagne Verdi Served with Garlic Bread 1,4,5,9	Quorn Nuggets, Potato Wedges and Broccoli 1,7	Jacket Potato with Tuna Mayo or Cheese 4,6	Vegetable Bolognese served with Macaroni Garlic Bread 1,9
Option 3	Tuna & Sweetcorn Sandwich 1,4,6,7	Tuna & Sweetcorn Sandwich 1,4,6,7	Tuna & Sweetcorn Sandwich 1,4,6,7	Tuna & Sweetcorn Sandwich 1,4,6,7	Tuna & Sweetcorn Sandwich 1,4,6,7
Dessert	Banana Loaf 1,4,5	Satsumas	Steamed Syrup Sponge 1,4,5	Fresh Fruit Salad	Cookies 1,4
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 OR	Cottage Pie served with Kale and Carrots 1,4,9	Sausage & Chorizo Casserole with Mashed Potatoes and Peas 1,4,7,9	Roast Turkey Roast Potatoes Yorkshire Pudding Brussel Sprouts 1,4,5	Chicken, Gammon and Spinach Lasagne with garlic Bread and Salad 1,4,5,9	Fish Burger with potato Wedges, Salad, Tomato 1,4,5,7
Option 2 OR	Vegetarian Cottage Pie served with Kale & Carrots 1,4,9	Quorn Sausage Casserole with Mashed Potatoes and Peas 1,4,5	Sweet Potato Falafel served with Cinnamon & Sultana CousCous 1	Butternut Squash & Cauliflower Cheese Pasta with garlic bread 1,4,5,9	Vegetarian Burger with potato Wedges, Tomato and Salad 1,4,5,7
Option 3	Cheese & Tomato Sandwich 1,4,7	Cheese & Tomato Sandwich 1,4,7	Cheese & Tomato Sandwich 1,4,7	Cheese & Tomato Sandwich 1,4,7	Cheese & Tomato Sandwich 1,4,7
Dessert	Jam Buns 1,4,5	Apple and Fruit of Forrest Crumble 1,4	Bananas	Parkin 1,4,5	Pineapple and Melon

Allergy Key:-

1 – Wheat (Cereals contain Gluten) 2 – Peanuts 3 – Tree Nuts (Walnuts, Almonds, Pine Nuts, Brazil Nuts & Pecans)
4 – Milk 5 – Eggs 6 – Fish 7 – Soy 8 – Shellfish 9 – Celery

Office use only:

Spreadsheet updated: _____

BromCom updated: _____