

WHOLE SCHOOL MEALS MENU - TERMS 1 & 2 2019

whole school meals

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mexican Bean Nachos 14g
or
Mac 'n' Cheese 30g
Grated Carrot & Sweetcorn
Cheeky Chocolate Cake 28g
Fresh Fruit/Yoghurt/Jelly 13g
10g 20g

Pizza Whirl 26g
or
Vegetable Fritters 19g
1/2 Jacket Potato/Wedges 35g
Coleslaw & Roasted Tomatoes 15g

Fruit & Ice Cream
Fresh Fruit/Yoghurt/Jelly
10g 20g 25g 12g

Tuna Sweetcorn Pasta 30g
or
Tagliatelle with Peas & Broad Beans 16g
Roasted Carrots & Salad Leaves
Iced Banana Cake 25g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

Chicken & Ham Pie served with Gravy 11g
or
Crunchy Vegetable Crumble 7g
Creamed Potatoes 10g per scoop
Broccoli & Mixed Vegetables
Lemon Drizzle Cake 34g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

Battered Fish served 12g
with Parsley Sauce or Mayonnaise
or
Spicy Tomato Pasta 30g
New Potatoes 10g
Peas & Sweetcorn
Chocolate Sponge & Chocolate Sauce 22g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

2g + 25g
Meatballs & Pasta
or
Quorn Sausages & 5g per 1/2 Jacket Potato 15g
Cauliflower & Sweetcorn 33g
Fruit Crumble & Custard 10g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

Roast Pork served with Gravy & Apple Sauce 5g
or
Quorn Meatloaf 8g
Roast/Boiled Potatoes 12g 10g for 2
Local Seasonal Vegetables & Cooks Choice
10g 20g 12g

Mixed Fruit & Ice Cream
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

5g per stuffing ball
Roast Chicken with Stuffing served with Gravy
or
Broccoli & Cauliflower Cheese
Roast Potatoes 12g for 2

Local Seasonal Vegetables & Cooks Choice
Angel Delight 5g
Yoghurt/Fresh Fruit/Jelly
10g 20g 12g

Roast Gammon served with Gravy
or
Winter Vegetable Bake 10g
Roast/Boiled Potatoes 12g 10g for 2
Local Seasonal Vegetables & Cooks Choice
Shortbread & Milk 28g + 7g
Fresh Fruit/Yoghurt/Jelly
10 20g 12

Pasta Bolognese & 20g
Garlic Dough Balls 6g per ball
or
Veggie Stir Fry & Rice 20g
Peas & Carrots 20g
Berry Sponge & Custard 10g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12

Lasagne 15g
or
Jacket Potato & Beans
Flat Bread 10g

Mixed Vegetables & Broccoli
Carrot Cake 24g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

Chicken Enchiladas 20g
or
Pasta Provencale 25g
Savoury Rice 30g
Cucumber & Carrot Batons
Flapjack 25g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

4g per nugget 3g per finger
Salmon Nuggets or Fish Fingers served with Ketchup 5g per teaspoon
or
Curried Vegetable Pasta 12g
Chips/Pasta 25g 130g
Baked Beans & Sweetcorn 9g
Oat Cookie & Milk 25g + 7g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12

7g 5g per teaspoon 1 sachet
Sausage Roll served with Ketchup
or
Veggie Sausage Roll 14g
Chips/Pasta 25g 130g

Baked Beans & Cucumber Sticks 9g
Cheesy Biscuit & Apple Slices
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

Fish Fingers served with Ketchup
or
Mexican Bean Wraps 25g
Chips/Pasta 25g 130g
Baked Beans & Mixed Salad 9g
Pineapple Shortcake 31g
Fresh Fruit/Yoghurt/Jelly
10g 20g 12g

WEEK 1

WEEK 2

WEEK 3

