

# School Meals

Breakdown for the period 18/04/2017-26/05/2017 is as follows:

DATES	DAYS	AMOUNT PER DAY	WEEKLY TOTAL
18/04/2017-21/04/2017	4	£1.90	£7.60
24/04/2017-27/04/2017	4	£1.90	£7.60
02/05/2017-05/05/2017	4	£1.90	£7.60
08/05/2017-12/05/2017	5	£1.90	£9.50
15/05/2017-19/05/2017	5	£1.90	£9.50
22/05/2016-26/05/2017	5	£1.90	£9.50
<b>TOTALS</b>	<b>27</b>		<b>£51.30</b>

No school trips have been taken into account.

Payments should be payable to your child's ParentPay account.

Many Thanks

Mrs Julie Brock

# Week one

18/04 08/05 29/05 19/06 10/07

## Monday

**Choose a main meal...**  
Mega Mozzarella & Tomato Pizza\*\*  
Vegetarian Pasta Bolognese

**on the side...**  
Rice Salad  
Carrots and Peas  
**for dessert...**  
Ice Cream Pot  
Fresh Fruit or Yoghurt

## Tuesday

**Choose a main meal...**  
Turkey Meatballs in Tomato Sauce with Pasta  
Reggae Ragae Beans with Potato Wedges

**on the side...**  
Panzanella Salad  
Green Beans and Cauliflower  
**for dessert...**  
Banana and Apple Crumble with Custard  
Fresh Fruit or Yoghurt

## Wednesday

**Choose a main meal...**  
Roast Lamb with Crispy Spuds & Gravy  
Cauliflower and Broccoli Bake with Crispy Spuds

**on the side...**  
Pasta Salad  
Carrots and Seasonal Cabbage  
**for dessert...**  
Cheese and Biscuits  
Fresh Fruit or Yoghurt

## Thursday

**Choose a main meal...**  
BBQ Chicken Thigh with Sweet Potato Mash  
Mexican Veggie Chilli with Rice

**on the side...**  
Potato Salad  
Broccoli and Sweetcorn  
**for dessert...**  
Oate Biscuit with Fruit Slices\*  
Fresh Fruit or Yoghurt

## Friday

**Choose a main meal...**  
Golden Fish Fingers & Chips  
Quom Hotdog & Chips

**on the side...**  
Asian Slaw  
Baked Beans or Roasted Vegetables  
**for dessert...**  
Marble Cake

# Week two

24/04 15/05 05/06 26/06 17/07

**Choose a main meal...**  
Minced Beef Pasta Bolognese\*\*  
Quom Meatballs in a Tomato Sauce with Pasta

**on the side...**  
Mixed Salad  
Broccoli and Carrots  
**for dessert...**  
Strawberry Frozen Yoghurt  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Chicken Sausages with Mashed Potato  
Vegetable Frittata with Mashed Potato

**on the side...**  
Crunchy Coleslaw  
Sweetcorn and Cabbage  
**for dessert...**  
Berry Flapjack  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Roast Beef with Crispy Spuds & Gravy  
Cheesy Hotpot

**on the side...**  
Apple, Cucumber and Celery Salad  
Cauliflower and Green Beans  
**for dessert...**  
Mini Gingerbread Cake with Pear Slices\*  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Jerk Chicken with Rice and Peas  
Sweet Potato Gumbo with Rice and Peas

**on the side...**  
Mixed Bean Salad  
Carrots and Peas  
**for dessert...**  
Fruit Crumble with Custard\*  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Golden Fish Fingers and Chips  
Quom Burger with Chips

**on the side...**  
Tomato and Cucumber Salad  
Baked Beans or Roasted Vegetables  
**for dessert...**  
Fruit Jelly  
Fresh Fruit or Yoghurt

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.

# Week three

01/05 22/05 12/06 03/07

**Choose a main meal...**  
Italian Chicken Margherita with Rice\*\*  
Cheese, Red Onion and Sweetcorn Quiche with New Potatoes

**on the side...**  
Mixed Cabbage and Apple Salad  
Green Beans or Roasted Vegetables  
**for dessert...**  
Ice Cream Pot  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Beef Enchiladas  
Macaroni Cheese

**on the side...**  
Pasta Salad  
Carrots and Sweetcorn  
**for dessert...**  
Raspberry Loaf Cake\*  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Roast Chicken with Crispy Spuds & Gravy  
Quom Sausages with Mash & Gravy

**on the side...**  
Crunchy Salad  
Cauliflower and Broccoli  
**for dessert...**  
Chocolate Crispy  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Chicken Tikka Masala with Rice  
Quom and Veggie Chow Mein with Noodles

**on the side...**  
Beerroot, Carrot and Apple Salad  
Peas and Carrots  
**for dessert...**  
Giant Crunchy Cookie  
Fresh Fruit or Yoghurt

**Choose a main meal...**  
Crumbed Salmon Portion with Chips  
Vegetarian Sausages with Mash and gravy

**on the side...**  
Rice Salad  
Baked Beans or Ratatouille  
**for dessert...**  
Apple Pie with Custard\*\*  
Fresh Fruit or Yoghurt

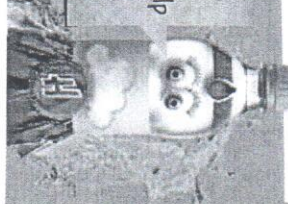
£1.90



We have a fresh salad bar available daily  
All of our bread is baked fresh every day  
We also offer packed lunches, please speak to your catering manager or contact us for more details  
\*\*Wholesome! Fruit Based  
Cool Water served daily



There is a vegetarian choice every day... and don't forget that salad is available daily.



Keep yourself topped up with water - it will help you concentrate all day long.