

St Cedd's C of E Primary School Lunch Menu STARTS MONDAY 4TH SEPTEMBER 2017 (Week One)

Available to print from the link on the school's website.

Week 1

Week One	Monday	√	Tuesday	√	Wednesday	√	Thursday	√	Friday	√
Main	Pizza Day with pepperoni		Oven baked fillet of fish in a crispy bubble coating		Local butcher's roast gammon with Yorkshire pudding & gravy		Chicken Tikka		Local butcher's pork sausages	
Vegetarian Choice	Pizza Day with Cheese & tomato		Veggie nuggets		Roasted Quorn fillet with veggie gravy		Vegetable tikka		Vegetarian sausages	
Jacket Potato	Jacket potato with baked beans/cheese		Jacket potato with tuna & sweetcorn		Jacket potato with cheese		Jacket potato with cheese		Jacket potato with baked beans	
Roll Option	Baguette with choice of fillings: tuna, ham, cheese		Baguette with choice of fillings: tuna, ham, cheese		Baguette with choice of fillings: tuna, ham, cheese		Baguette with choice of fillings: tuna, ham, cheese		Baguette with choice of fillings: tuna, ham, cheese	
Vegetables	Garlic bread Salad bar		Homemade jacket wedges, garden peas, sweetcorn, Salad bar		New potatoes, carrots, broccoli		Rice, naan bread		Chips, sweetcorn or Baked beans Salad bar	
Dessert	Raspberry crumble with ice cream or custard or Muller Corner Yoghurt or Selection of fresh fruit		Individual fruit pots or Muller Corner yoghurt		100% fruit ice lolly or fresh fruit or Muller Corner yoghurt		Homemade Fairy cake, glass of milk or Muller Corner yoghurt or fresh fruit		Smoothie or Muller Corner yoghurt or fresh fruit	

Childs Name:.....Class..... £2.00 per meal for Years 3, 4, 5 and 6 enclosed £.....

Please complete and return to the school on Monday morning.

Week 2

Week Two	Monday	✓	Tuesday	✓	Wednesday	✓	Thursday	Friday	✓
Main	Pasta Day (combination of plain & wholegrain pasta) With a choice of sauce tomato & basil, cheese or pepperoni		Sweet & sour chicken		Local butcher's roast Turkey, Yorkshire pudding, gravy		All day breakfast (1 x sausage, 1 x rasher of bacon, fried egg, hash brown, ½ tomato, mushrooms)	Picnic Day Filled roll choice (ham, cheese, tuna) Carrot & cucumber sticks Whole fresh fruit portion or individual fruit pot Homemade oaty cookie or shortbread finger Bottle of water or carton of juice	
Vegetarian Choice	As above		Quorn sweet & sour		Homemade vegetarian Toad in the Hole		All day vegetarian breakfast (1 x Linda McCartney sausage, fried egg, ½ tomato, hash brown, mushrooms)		
Jacket Potato	Jacket potato with baked beans		Jacket potato with tuna & sweetcorn & mayonnaise		Jacket potato with cheese		Jacket potato with baked beans		
Roll Option	Baguette with choice of fillings: tuna, cheese, ham		Baguette with choice of fillings: tuna, cheese, ham		Baguette with choice of fillings: tuna, cheese, ham		Baguette with choice of fillings: tuna, cheese, ham		
Vegetables	Salad bar		Salad bar Wholegrain & white rice with Kobez flatbread		Roast potatoes, carrots, whole green beans		Salad bar		
Dessert	Raspberry hat biscuits or Muller Corner yoghurt or selection of fresh fruit		Homemade chocolate pudding or Muller Corner yoghurt or fresh fruit		Frozen yoghurt pots or Muller Corner yoghurt or fresh fruit		Fresh fruit platter or Muller Corner Yoghurt		

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Week 3

Week Three	Monday	√	Tuesday	√	Wednesday	√	Thursday	√	Friday	√
Main	Meatballs served in a rustic tomato sauce		Homemade sausage roll		Local butcher's roast pork, Yorkshire pudding & gravy		Homemade chicken & tomato pasta bake		Pork burgers in a brioche bun (optional fried onions, lettuce & tomato)	
Vegetarian Choice	Veggie meatballs served in a rustic tomato sauce		Homemade veggie sausage roll		Roasted sage & onion topped Quorn fillet, Yorkshire pudding & vegetarian gravy		Homemade vegetarian pasta bake		Spicy bean burger in a brioche bun (optional fried onions, lettuce & tomato)	
Jacket Potato	Jacket potato with cheese		Jacket potato with tuna mayonnaise		Jacket potato with baked beans		Jacket potato with cheese		Jacket potato with baked beans	
Roll Option	Baguette with choice of fillings: tuna, cheese, ham		Baguette with choice of fillings: tuna, cheese, ham		Baguette with choice of fillings: tuna, ham cheese		Baguette with choice of fillings: tuna, ham, cheese		Baguette with choice of fillings: tuna, ham, cheese	
Vegetables	Salad bar Pasta bows		Creamy mashed potato, baked beans, broccoli, salad bar		Roast potatoes, carrots, peas		Garlic bread, salad bar		Chunky chips, sweetcorn peas, Salad bar	
Dessert	Chocolate sponge & chocolate sauce or Muller Corner yoghurt or fresh fruit		Individual fruit pots or Muller Corner yoghurt or selection of fresh fruit		Ice cream & strawberry sauce or Muller Corner yoghurt or selection of fresh fruit		Homemade melting moment cookies, glass of milk Fresh fruit or Muller Corner yoghurt		Jubbies or Muller Corner yoghurt or selection of fresh fruit.	

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