



1<sup>st</sup> May 2019

Dear Parents

**New Menu Started Monday 29<sup>th</sup> April 2019**

Please find attached the new Summer/Autumn Menu which started from this Monday 29<sup>th</sup> April 2019. Apologies for the delay (we've been waiting for Mellors' to send us the copies).

We will also be incorporating theme days into the menu which are very popular with the children.

Please take time to have a look at the attached menu, which can also be found on the school website and displayed in noticeboards at school. We hope you agree these are healthy nutritional meal choices. Thank you.

Yours sincerely

Mr R Cruise  
Headteacher

Week One – 29.4.19 / 20.5.19 / 17.6.19 / 8.7.19 / 9.9.19 / 30.9.19 / 21.10.19



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Meatballs in tomato sauce	Beef burger in a bun	Roast Turkey with Stuffing and gravy	Chicken sweetcorn pasta bake	Fish fingers
<b>VEGETARIAN MAIN DISH</b>	Vegetarian mince in tomato sauce	Veggie burger in a bun	Quorn Fillet with Stuffing and Gravy	Macaroni cheese	Veggie fingers
<b>ACCOMPANIMENT</b>	Carrots Sweetcorn Pasta	Peas Baked Beans Potato wedges	Cabbage Broccoli Roast Potatoes	Sweetcorn Green Beans Garlic bread	Peas Baked Beans Oven Chips
<b>DESSERT</b>	Lemon drizzle cake	Sticky toffee pudding	Rice pudding with fruit compote	Shortcake biscuit and fruit	Fruit and ice cream
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato and sandwich selection Panini of the day	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU






Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	All day breakfast	Chicken fajitas	Roast beef with Yorkshire pudding and Gravy	Beef Lasagne	Fish cake
<b>VEGETARIAN MAIN DISH</b>	All day breakfast	Cheese and sweet potato pie 	Quorn Fillet with Stuffing and Gravy	Quorn Lasagne 	Veggie nuggets
<b>ACCOMPANIMENT</b> 	Peas Baked Beans	Green beans Sweetcorn Rice	Carrots Broccoli Roast Potatoes	Sweetcorn Carrots Garlic Bread	Peas Baked Beans Oven Chips
<b>DESSERT</b>	Pineapple upside down cake	Shortcake and fruit	Fruit jelly	Chocolate brownie and custard	Fruit and Ice cream
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU




Variety is the key to a healthy diet, try something new today!



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Sausages with Gravy	Cheese and tomato pizza	Roast Turkey with Stuffing and gravy	Bolognaise pasta bake	Battered Fish
<b>VEGETARIAN MAIN DISH</b>	Quorn Sausages with Gravy 	Quorn nuggets	Quorn Fillet with Stuffing and Gravy 	Tuna pasta bake	Veggie Burger
<b>ACCOMPANIMENT</b> 	Baked beans Sweetcorn Mashed Potato	Green beans Carrots Potato wedges	Sweetcorn Broccoli Roast Potatoes	Peas Carrots Garlic bread	Peas Baked Beans Oven Chips
<b>DESSERT</b>	Strawberry whip	Oaty cookie	Fruit sponge and custard	Chocolate crunch	ice cream
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



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