

# JANUARY/FEBRUARY 2019

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	w/c 7 <sup>th</sup> January	w/c 14 <sup>th</sup> January	w/c 21 <sup>st</sup> January	w/c 28 <sup>th</sup> January	w/c 4 <sup>th</sup> February	w/c 11 <sup>th</sup> February
<b>Monday</b>						
<i>Main</i>	Chicken Breast Nuggets	Macaroni Cheese with Bacon	Oven Baked Sausages	Sausage Rolls	Pasta and homemade, rich in veg tomato sauce, Bread and Green Beans.	Chicken Breast Nuggets
<i>Vegetarian</i>	Vegi Nuggets	Macaroni Cheese	Veggie Sausages	Quorn Sausages		Vegi Nuggets
<i>Sides</i>	Wedges and Hoops	Bread and Vegetables	Wedges and Hoops	Wedges and Hoops		Wedges and Hoops
<i>Dessert</i>	Angel Delight	Strawberry Mousse	Angel Delight	Angel Delight	Strawberry Mouse	Angel Delight
<b>Tuesday</b>						
<i>Main</i>	Pork Meatballs in Sweet and Sour Sauce	Chicken Korma	Pasta Bolognese	Pasta and Meatballs in Tomato Sauce	JACKET POTATO DAY Choice of toppings and salads	Sausage Pasta Bake
<i>Vegetarian</i>	Sweet and Sour Quorn	Quorn and Vegetable Korma	Veggie Bolognese	Pasta and Quorn in Tomato Sauce		Veggie Sausage Pasta Bake
<i>Sides</i>	Vegetable Rice	Rice and Naan Bread	Bread and Vegetables	Peas and Bread		Bread and Vegetables
<i>Dessert</i>	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
<b>Wednesday</b>						
<i>Main</i>	Roast Beef	Roast Ham	Roast Chicken	Roast Pork	Roast Beef	Roast Ham
<i>Vegetarian</i>	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast	Vegi Burger or Nut Roast
<i>Sides</i>	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding	Roast Potatoes and Yorkshire Pudding
<i>Dessert</i>	Jelly & Icecream	Jelly & Icecream	Jelly & Icecream	Jelly & Icecream	Jelly & Icecream	Jelly & Icecream
<b>Thursday</b>						
<i>Main</i>	Sausage Rolls	Butchers Burger in a Bun	Big Breakfast	King Ina Fried Chicken	Chicken Burger	Pizza with Ham and Cheese
<i>Vegetarian</i>	Veggie Sausages	Vegi Burger in a Bun	Vegi Big Breakfast	Vegi Nuggets	Vegi Burger	Pizza with Cheese
<i>Sides</i>	Curly Fries and Beans	Vegetables and Beans	Scramble eggs, Hash browns and Beans	Curly Fries and Beans	Wedges and Hoops	Salad and Beans
<i>Dessert</i>	Natural Yogurt with Fruit Puree	Fruit Sorbet	Natural Yogurt with Fruit Puree	Fruit Sorbet	Natural Yogurt with Fruit Puree	Strawberry Mousse
<b>Friday</b>						
<i>Main</i>	Fish Cakes	Battered White Fish	Oven Poached Salmon	Cod Fillet Fish Fingers	Fish Cakes	INSET DAY
<i>Vegetarian</i>	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Pasta Bake	Vegi Nuggets	
<i>Side</i>	Potatoes, Seasonal Vegetables	Wedges ,Peas and Sweetcorn	Potatoes, Seasonal Vegetables	Potatoes, Seasonal Vegetables	Potatoes, Seasonal Vegetables	
<i>Dessert</i>	Cookie and Milk	Fruit Muffins and Milk	Cookie and Milk	Fruit Muffins and Milk	Cookie and Milk	

*All orders must be placed and paid for by the Wednesday of the week before you require them using ParentPay, our online system.*

*All Junior lunches cost £2.55 per day and Infant lunches are Free under the government scheme.*

All main meals are served with fresh, seasonal vegetables unless otherwise stated  
Please note that although every effort has been made to remove bones from fish options, we cannot guarantee that the fish has no bones.

On days when pasta and rice are served, this will be a mixture of plain and wholemeal pasta, or white and brown rice.

Our Natural Low Fat Yogurt is sweetened with honey.

Fruit and Yogurt are available daily as alternative dessert options.

*Allergen Advice – as stated on previous information sheet – for more info please contact the school office.*

***Please note that all meals are subject to availability and may be changed at short notice.***