

B.P.S School Dinner Menu – Spring Term 2019

≈ Contains Dairy

* Contains Pork

≈ Contains Gluten

This is a nut free menu

Name:

Class:

WEEK 1 – Weeks commencing Jan 7th, Feb 4th, Mar 4th, Apr 1st

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	≈*Sausage and Bacon □	≈≈*Lasagne & Garlic Bread □	≈Roast Chicken with Stuffing □	≈Steak & Vegetable Pie □	≈Fish Fingers □
Option 2	≈Two Vegetarian Sausages □	≈≈Vegetable Lasagne & Garlic Bread □	≈≈Vegetable Quiche □	≈Vegetable Parcel □	≈≈ Pizza Margherita □
And to go with	≈Hash Brown, Scrambled Eggs, Grilled Tomato & Baked Beans	Parmentier Potatoes, Sauté Courgettes & Sweetcorn	≈Roast Potatoes, Medley of Roast Vegetables, Baby Carrots & ≈Gravy	Parsley Potatoes, Garden Peas, Fresh Carrot and Swede & ≈Gravy	Oven Baked Wedges, Baked Beans & Garden Peas
Option 3	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese,	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese
Pudding	≈≈Plain Cookie and Fruit Slice, Fresh Fruit, Fruit Yoghurt	≈Lemon Drizzle Cake and A Glass of Milk, Fresh Fruit, Fruit Yoghurt	≈≈Golden Sponge & Custard Fresh Fruit, Fruit Yoghurt	≈≈Flapjack and A Glass Of Milk, Fresh Fruit, Fruit Yoghurt	≈≈Eves Pudding and Cream, Fresh Fruit, Fruit Yoghurt

WEEK 2 – Weeks commencing Jan 14th, Mar 11th, Apr 8th

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	*≈Penne Pasta Bolognese & Garlic Bread □	≈BBQ Chicken Breast □	*Baked Gammon □	≈Meatballs in Tomato Sauce □	≈Goujons of Fish □
Option 2	≈≈Macaroni Cheese□	≈Vegetarian Toad in The Hole With Vegetable Gravy□	≈Vegetable Pasta Bake With Garlic Bread □	≈Vegetable Cobbler With Gravy □	≈≈Pepper and Mushroom Pizza □
And to go with	Sautéed Potatoes, Sweetcorn & Broccoli	Savoury Rice, Garden Peas and Medley of Vegetables	Roast Potatoes, Sauté Cabbage, Baton Carrots & ≈Gravy	Herbed Pasta, Lemon Roasted Carrots & Green Beans	Oven Baked Chips, Mushy Peas, Baked Beans
Option 3	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese
Pudding	≈≈Apple Muffins, Fresh Fruit, Fruit Yoghurt	≈Chocolate Crispie Cake and A Glass of Milk, Fresh Fruit, Fruit Yoghurt	≈≈Jam Roly Poly & Custard Fresh Fruit, Fruit Yoghurt	≈Chocolate Mousse, Fresh Fruit, Fruit Yoghurt	≈≈Syrup Sponge & Custard, Fresh Fruit, Fruit Yoghurt

WEEK 3 – Weeks commencing Jan 21st, Feb 18th, Mar 18th,

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	≈*Sausage and Bacon □	≈Cottage Pie □	*Roast Pork & Apple Sauce □	≈Mild Chicken Korma □	≈Fish Cakes □
Option 2	≈Two Vegetarian Sausages □	≈Quorn Stir Fry With Noodles □	≈Country Vegetable Pie □	≈Vegetable Curry □	≈Homemade Vegetable Spring Roll with Savoury Rice □
And to go with	≈Hash Brown, Scrambled Eggs, Grilled Tomato & Baked Beans	Sweetcorn, Broccoli Florets & Gravy	Roast Potatoes, Baby Carrots, Red Cabbage & Gravy	Turmeric Rice, Whole Green Beans, Naan Bread & Poppadam	New Potatoes, Garden Peas & Baked Beans
Option 3	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese
Pudding	≈≈ Apple Sponge & Custard, Fresh Fruit, Fruit Yoghurt	≈≈Fruit Scone & Small Swirl of Cream, Fresh Fruit, Fruit Yoghurt	≈≈Apple & Blackberry Crumble With Custard, Fresh Fruit, Fruit Yoghurt	≈Strawberry Mousse, Fresh Fruit, Fruit Yoghurt	≈≈Carrot Cake & A Glass of Milk, Fresh Fruit, Fruit Yoghurt

WEEK 4 – Weeks commencing Jan 28th, Feb 25th, Mar 25th

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	≈*Spaghetti Bolognese With Garlic Bread □	≈Breaded Garlic Chicken □	≈Roast Turkey & Stuffing □	≈≈Ham and Mushroom Pizza □	≈Goujons of Fish □
Option 2	≈Vegetarian Bolognese □	Stir Fried Quorn Pieces With Braised Rice and Vegetables □	≈Sage and Onion Roast □	≈≈Pizza Margherita□	≈≈Vegetable Pastry □
And to go with	Sauté Green Beans, Medley of Roasted Vegetables	Parmentier Potatoes, Broccoli Florets & Stir Fried Noodles	Roast Potatoes, Baby Carrots, Buttered Diced Swede & Gravy	Bakes Potato Wedges, Green Peas	Oven Baked Chips, Mushy Peas, Baked Beans
Option 3	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese	Assorted Baked Jacket Potatoes: □ Baked Beans, Coleslaw, ≈Cheese
Pudding	≈≈Fruit Cup Cake, Fresh Fruit, Fruit Yoghurt	≈≈Carrot Cake & Glass of Milk, Fresh Fruit, Fruit Yoghurt	≈≈Chocolate Sponge & Chocolate Sauce, Fresh Fruit, Fruit Yoghurt	≈≈Banoffee Pie, Fresh Fruit, Fruit Yoghurt	≈≈Lemon Drizzle Cake & A Glass of Milk, Fresh fruit, Fruit Yoghurt

