

MONKSDOWN PRIMARY SCHOOL

Week commencing:

4th September – 2nd October – 6th November – 4th December 2017

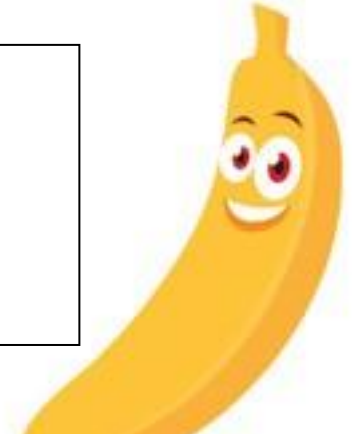
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Lentil	Cook's Choice	Leek and Potato	Cook's Choice	Vegetable
Main Meal	Salmon Goujons Potato Wedges	Homemade Minced Beef Pie Boiled Potatoes Gravy	Homemade Chicken Curry Boiled Rice	Homemade Beef Bolognaise Wholegrain Pasta	Homemade Scouse With Crusty Bread
Non Meat Alternative	Homemade Vegetarian Cottage Pie	Homemade Vegetable Quiche	Homemade Quorn Curry	Homemade Cheese Toasties	Homemade Savoury Rice With BBQ Sauce
Vegetables	Baked Beans Or Salad	Carrots Or Salad	Broccoli Or Salad	Sweetcorn Or Side Salad	Beetroot Or Salad
Quick Picks	A daily selection of sandwiches, wraps, barms, and filled baked potatoes				
Desserts	Homemade Banana Loaf	Cheese and Biscuits	Homemade Shortbread Biscuit	Chocolate Orange Brownie Glass of Juice	Homemade Rice Pudding With Jam

Fresh drinking water is freely available throughout the lunch time

Bread will be available with the Main Meals. We offer a choice of yogurts or fresh fruit as a dessert alternative.

All of our meat is Red Tractor assured. We use free range eggs. Our fruit and vegetables are locally sourced where possible and are subject to seasonal variation.

Our fish is MSC and over 75% of the food is homemade by our dedicated catering team and cooked on site.



MONKSDOWN PRIMARY SCHOOL

Week commencing:

11th September – 9th October – 13th November – 11th December 2017

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Cook's Choice	Sweetcorn & Carrot	Cook's Choice	Leek & Potato	Cook's Choice
Main Meal	Sausage Scrambled Egg Chipped Potatoes	Homemade Beef Lasagne With Crusty Roll	Minced Beef in Gravy With Creamed Potatoes	Chicken Breast Roast Potatoes Gravy	Homemade Beef Curry Wholegrain Rice
Non Meat Alternative	Quorn Sausage	Homemade Vegetable Quiche	Cheese Toasties	Homemade BBQ Quorn In a Pitta Pocket	Homemade Tuna Pasta
Vegetables	Baked Beans Or Salad	Broccoli Or Salad	Peas Or Salad	Cauliflower Or Salad	Sweetcorn Or Salad
Quick Picks	A daily selection of sandwiches, wraps, barmes, toasties and filled baked potatoes.				
Desserts	Homemade Iced Sponge	Homemade Flapjacks Glass of Milk	Homemade Apple Crumble With Ice-cream	Cheese and Biscuits	Chocolate Cherry Sponge With Custard
Fresh drinking water is freely available throughout the lunch time					

Bread will be available with the Main Meals. We offer a choice of yogurts or fresh fruit as a dessert alternative.

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Week commencing:

18th September – 16th October – 20th November – 18th December 2017

Week 3	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Vegetable	Cook's Choice	Chicken Noodle	Cook's Choice	Tomato
Main Meal	Homemade Pizza Chipped Potatoes	Homemade Chicken Curry Wholegrain Rice	Roast Beef Roast Potatoes Gravy	Homemade Scouse With Crusty Bread	Sausage Creamed Potatoes Gravy
Non Meat Alternative	Homemade Cheese Flan	Homemade Tuna Pasta	Homemade Vegetable Pie	Homemade Cheese Toasties	Homemade Vegetable Stew
Vegetables	Baked Beans Or Salad	Carrots Or Salad	Carrot & Swede Or Salad	Beetroot Or Salad	Peas Or Salad
Quick Picks	A daily selection of sandwiches, wraps, barmes, toasties and filled baked potatoes				
Desserts	Iced Chocolate Sponge	Fresh Fruit Salad With Cream	Homemade Banana Loaf	Homemade Shortbread Biscuit Glass of Milk	Homemade Apple Crumble With Custard
Fresh drinking water is freely available throughout the lunch time					

Bread will be available with the Main Meals. We offer a choice of yogurts or fresh fruit as a dessert alternative.

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Week commencing:

25th September – 30th October – 27th November 2017

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Cook's Choice	Carrot & Lentil	Vegetable	Leek & Potato	Cook's Choice
Mail Meal	Salmon Goujons Creamed Potatoes	Jumbo Sausage In a Roll Chipped Potatoes	Homemade Beef Bolognaise Wholegrain Pasta	Homemade Savoury Rice With Curry Sauce	Chicken Breast Boiled Potatoes Gravy
Non Meat Alternative	Quorn Burger	Quorn Sausage	Quorn Bolognaise	Homemade Tuna Pasta	Vegetable Lasagne
Vegetables	Peas Or Salad	Baked Beans Or Salad	Mixed Vegetables Or Salad	Green Beans Or Salad	Carrots Or Salad
Quick Picks	A daily selection of sandwiches, wraps, barmes, toasties, and filled baked potatoes				
Desserts	Peach Melba	Homemade Apple Crumble With Cream	Fresh Fruit Salad Glass of Milk	Homemade Fairy Cake Glass of Milkbreak	Jelly With Cream
Fresh drinking water is freely available throughout the lunch time					

Bread will be available with the Main Meals. We offer a choice of yogurts or fresh fruit as a dessert alternative.

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