

PRIMARY MENU - AUTUMN / WINTER - OCTOBER 2018 - PFI



School Food Standards Compliance Key

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Tuna Pasta with Freshly Made Herby Focaccia	Cottage Pie with Gravy	Roast Chicken with Sage and Onion Stuffing, Roast Potatoes and Gravy	Lamb Meatballs with Tomato Sauce and Savoury Rice	Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Cheese and Tomato Pizza with Diced Potatoes	Roasted Vegetable and Bean Pasta with Tomato Sauce	Vegetable Crumble with Roast Potatoes	Jacket Potatoes with a Selection of Toppings	Cheesy Courgette Sausages with Freshly Made Tomato Ketchup and Chips or Pasta Twists
	Peas and Coleslaw	Broccoli and Carrots	Carrots and Savoy Cabbage	Sweetcorn and Salads	Baked Beans and Peas
	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread
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	Pear Crumble with Custard	Orange Squash Cookie	Ice Cream with Chocolate Sauce	Sticky Toffee Pudding with Toffee Sauce	Flapjack with Apple Slices
	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt
	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
	Open Sub Melts with a Choice of Toppings (Tuna and Cheese, Cheese and Baked Bean, Cheese and Tomato) and Potato Salad	BBQ Pulled Chicken Wrap with Rice	Roast Gammon with Roast Potatoes and Gravy	Pork Sausages with Mash and Gravy	Battered Fish Fillet with Lemon Mayonnaise and Chips or Pasta Twists
	Baked Beans and Sweetcorn	Vegetable Lasagne with Freshly Made Bread	*Freshly Made Vegetarian Sausage Roll with Roast Potatoes and Gravy	Jacket Potatoes with a Selection of Toppings	Falafel Wrap with Lemon Mayonnaise and Chips or Pasta Twists
Freshly Made Bread	Green Beans and Coleslaw	Carrots and Cauliflower	Peas and Salads	Baked Beans and Peas	
***	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	
Shortbread with Fruit Dip	Apple Cake with Custard	Peaches with Natural Yoghurt and Granola	Jam Biscuit	Chocolate Cornflake Cake with Orange Wedges	
Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	
Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	
Mac 'N' Cheese with Freshly Made Tomato Bread	Chicken Curry with Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Burger in a Bap with Tomato Pasta	Fish Fingers or Salmon Fish Fingers with Freshly Made Tomato Ketchup and Chips or Pasta Twists	
*Vegetable and Bean Pasty with Potato Wedges	Vegetarian Sausages with Mash and Gravy	Cauliflower and Broccoli Bake with Roast Potatoes	Jacket Potatoes with a Selection of Toppings	*Cheese and Tomato Quiche with Chips or Pasta Twists	
Peas and Carrots	Sweetcorn and Green Beans	Carrots and Broccoli	Coleslaw and BBQ Beans	Baked Beans and Peas	
Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	Freshly Made Bread	
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Carrot Cake with Custard	Apple Taco with Natural Yoghurt	Fruity Jelly with Ice Cream	Chocolate Cake with Chocolate Sauce	Coconut Flapjack with Banana	
Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	Freshly Made EasiYo Yoghurt	
Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	
<b>WEEK 2</b>					
<b>WEEK 3</b>					

WEEK 1

WEEK 2

WEEK 3

VEGETARIAN NON-DAIRY X 3 MIN  
\*PASTRY X 2 MAX  
50:50 FRUIT DESSERT X 2 MIN  
WHOLEGRAIN X 1 MIN  
CLASSROOM COOKS