

Lingdale Primary School w/c 05.09.16, w/c 26.09.16, w/c 17.10.16

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'CHEF'S HOT FAYRE'	Spaghetti Bolognese with Garlic Bread	Mild Chicken Curry with 50/50 Rice	Pepperoni Pizza ✓ Cheese & Tomato Pizza	Roast Turkey with sage & Onion Stuffing and Roast Potatoes	Oven Baked Fish in Batter Fish Fingers
'CHEF'S HOT FAYRE'	Salmon Fish Fingers with New Potatoes	✓ Quiche with Half Jacket Potato	✓ Tomato Pasta & Garlic Bread	✓ Veggie Mince Shepherd's Pie	Sausage Roll
'ALTERNATIVE CHOICE'	HAVE A JACKET POTATO OR SALAD OR CHOOSE A SOFT ROLL OR TORTILLA WRAP Every day there will be a minimum of ✓ Cheese, Tuna, ✓ Egg Mayonnaise and Ham to choose from				
'VEGETABLES'	Sweet corn Green Salad	Sliced Carrots Spring Cabbage	Baked Beans Seasoned Wedges	Diced Swede Broccoli Florets	Garden Peas Chipped Potatoes
'DESSERT'	Lemon Demon Sponge Fresh Fruit Salad	Jelly & Ice Cream Fruit Yoghurt Fresh Fruit Salad	Home-made Flap Jack Fresh Fruit Salad	Apple & Mixed Fruit Cobbler & Custard Fresh Fruit Salad	Cherry Shortbread Fruit Yoghurt Fresh Fruit Salad
<p>ALSO AVAILABLE DAILY Fresh Bread, Fresh Salad & Coleslaw, Fresh Fruit, Water and Sugar Free Squash If on any specific day, there is nothing on the menu that you would like, please ask and we will try our best to provide an alternative</p> <p>FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements</p>					



Sowing the Seeds in our Kitchen Garden

Lingdale Primary School w/c 12.09.16, w/c 03.10.16

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
‘CHEF’S HOT FAYRE’	Pasta King	✓ Veggie Mince & Vegetable Pie	Spaghetti Bolognese with Garlic Bread	Roast Beef & Yorkshire Pudding	Oven Baked Fish in Batter Fish Cakes
‘CHEF’S HOT FAYRE’	B.B.Q. Chicken Pizza ✓ Cheese & Tomato Pizza	Sausages & Gravy	✓ Cheese Roll & Half Jacket Potato with Baked Beans	✓ Macaroni Cheese	Pepper & Ham Omelette
‘ALTERNATIVE CHOICE’	HAVE A JACKET POTATO OR SALAD OR CHOOSE A SOFT ROLL OR TORTILLA WRAP Every day there will be a minimum of ✓ Cheese, Tuna, ✓ Egg Mayonnaise and Ham to choose from				
‘VEGETABLES’	Baked Beans Seasoned Wedges	Mashed Potatoes Garden Peas & Diced Carrots	Cauliflower Florets Green Beans	Oven Roast Potatoes Spring Cabbage Sweet corn	Garden Peas Chipped Potatoes
‘DESSERT’	Chocolate Crunch Slice Fruit Yoghurt Fresh Fruit Salad	Apple Crumble & Custard Fresh Fruit Salad	Oat Biscuit Fruit Yoghurt Fresh Fruit Salad	Baked Jam Roll with Custard Fresh Fruit Salad	Strawberry Milk Jelly Fruit Yoghurt Fresh Fruit Salad
ALSO AVAILABLE DAILY Fresh Bread, Fresh Salad & Coleslaw, Fresh Fruit, Water and Sugar Free Squash If on any specific day, there is nothing on the menu that you would like, please ask and we will try our best to provide an alternative FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements					



Sowing the Seeds in our Kitchen Garden

Lingdale Primary School w/c 19.09.16, w/c 10.10.16

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
'CHEF'S HOT FAYRE'	Mince & Dumplings with Mashed Potatoes	✓ Cheese Roll	Ham & Pepper Pizza ✓ Cheese & Tomato Pizza	Baked Ham & Pineapple	Oven Baked Fish in Batter Fish Fingers
'CHEF'S HOT FAYRE'	Fish Cakes	Mince & Vegetable Pie	Pasta King & Garlic Bread	✓ Omelette	Turkey Burger in a Bun
'ALTERNATIVE CHOICE'	HAVE A JACKET POTATO OR SALAD OR CHOOSE A SOFT ROLL OR TORTILLA WRAP Every day there will be a minimum of ✓ Cheese, Tuna, ✓ Egg Mayonnaise and Ham to choose from				
'VEGETABLES'	Green Beans Mixed Vegetables	Sweet corn & Peas Herby Potatoes	Baked Beans Mixed Vegetables Seasoned Wedges	Roast Potatoes Sliced Carrots Broccoli Florets	Garden Peas Chipped Potatoes
'DESSERT'	Rice Pudding with Jam Sauce Fresh Fruit Salad	Banana Cinnamon Slice Fruit Yoghurt Fresh Fruit Salad	Lemon Cake with Custard Fresh Fruit Salad	Chocolate Orange Sponge & Chocolate Sauce Fresh Fruit Salad	Oat Biscuit Fruit Yoghurt Fresh Fruit Salad
<p>ALSO AVAILABLE DAILY Fresh Bread, Fresh Salad & Coleslaw, Fresh Fruit, Water and Sugar Free Squash If on any specific day, there is nothing on the menu that you would like, please ask and we will try our best to provide an alternative</p> <p>FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements</p>					



Sowing the Seeds in our Kitchen Garden