# SANDHURST PRIMARY SCHOOL YR 5 AND 6

WINTER 2022

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY

FOOD FOR LIFE SILVER SERVED HERE Soil Association

## WEEK 1

05/09, 26/09/, 17/10, 14/11, 05/12

| | Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|---|---|---|---|---|---|
| Option 1 | Cheese and Tomato Pizza served with Potato Wedges | Savoury Organic Beef Mince served with New Potatoes | Roast Turkey served with Stuffing, Roast Potatoes and Gravy | Chinese 5 Spice Chicken served with Steamed Rice | Fish Fingers served with Chips |
| Option 2 (V) Vegetarian | Rainbow Pizza served with Potato Wedges (V) | Red Pepper Quiche served with New Potatoes (V) | Roast Quorn served with Roast Potatoes and Gravy (V) | Vegetarian Quesadilla (V) | Vegetable Fingers served with Chips (Ve) (V) |
| Option 3 | Hot Cheese Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Hot Cheese and Tuna Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Red Pepper and Mascarpone Pasta |
| Vegetables | Carrots Green Beans | Broccoli Sweetcorn | Steamed Cabbage Garden Peas | Sweetcorn Carrots | Garden Peas Baked Beans |
| Dessert | Fruit Slushy (Ve) | Iced Carrot Cake | Fruit Salad (Ve) | Apple Flapjack Crumble (Ve) with Custard | Shortbread Finger (Ve) |

## WEEK 2

12/09, 03/10, 31/10, 21/11, 12/12

| | Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|---|---|---|---|---|---|
| Option 1 | Macaroni Cheese | Chicken Goujon served with New Potatoes | Hot Dog served with Potato Wedges | Organic Beef Tortilla Stack | Gluten Free Breaded Fish served with Chips |
| Option 2 (V) Vegetarian | Vegetable Plait served wth New Potatoes (V) | Vegetable Fritatta served with New Potatoes (V) | Veggie Hot Dog served with Potato Wedges (Ve) (V) | Lentil and Vegetable Curry served with Steamed Rice (Ve) (V) | Cheese and Onion Pasty served with Chips (V) |
| Option 3 | Hot Cheese and Tuna Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Hot Cheese Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Fajita Pasta (Ve) |
| Vegetables | Cauliflower Garden Peas | Carrots Sweetcorn | Green Beans Steamed Cabbage | Medley of Vegetables | Sweetcorn Baked Beans |
| Dessert | Fruit Slushy (Ve) | Apple Sponge with Custard | Fruit Salad (Ve) | Chocolate Cake with Chocolate Custard | Flapjack (Ve) |

## WEEK 3

19/09, 10/10, 07/11, 28/11

| | Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|---|---|---|---|---|---|
| Option 1 | Vegan Sausage Roll served with New Potatoes (Ve) | Chicken and Sweetcorn Pizza served with Potato Wedges | Roast Chicken served with Stuffing, Roast Potatoes and Gravy | Organic Beef Bolognaise served with Spaghetti | Fish Fingers or Salmon Fish Fingers served with Chips |
| Option 2 (V) Vegetarian | Vegetable Korma served with Steamed Rice (V) | Cheese and Tomato Pizza served with Potato Wedges (V) | Cauliflower Cheese and Potato Bake served with Roast Potatoes (V) | Veggie Bolognaise served with Spaghetti (Ve) (V) | Vegetable Nuggets served with Chips (Ve) (V) |
| Option 3 | Hot Cheese Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Hot Cheese and Tuna and Baguette | Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw | Macaroni Cheese |
| Vegetables | Sweetcorn Carrots | Medley of Vegetables | Carrots Garden Peas | Cauliflower Green Beans | Garden Peas Baked Beans |
| Dessert | Fruit Slushy (Ve) | Banana and Sultana Cake | Fruit Salad (Ve) | Jam Tart (Ve) with Custard | Chocolate and Beetroot Brownie |

SUGAR SHERIFF

radish IT'S ALL GOOD

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY

WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS:

ASSURED FOOD STANDARDS · ORGANIC MILK · CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org · bmpa British Meat Processors Association · Support British Free Range Eggs