

# Chaloner Primary School w/c 11.04.16, w/c 02.05.16, w/c 23.05.16, w/c 20.06.16, w/c 11.07.16

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>‘CHEF’S HOT FAYRE’</b>	Spaghetti Bolognese with Garlic Bread	Mild Chicken Curry with 50/50 Rice	Pepperoni Pizza	Roast Turkey with sage & Onion Stuffing and Roast Potatoes	Oven Baked Fish in Batter  Fish Fingers
<b>‘CHEF’S HOT FAYRE’</b>	Ham & Cheese Baguette Melt	Tomato Pasta Bake with Garlic Bread	Salmon Fish Fingers	Lancashire Hot Pot	Sausage Roll
<b>‘VEGETARIAN OPTION’</b>	Cauliflower Cheese & Sweet Potato Hot Pot	Veggie Toad in the Hole with Gravy & Herby Potatoes	Cheese & Tomato Pizza	Veggie Mince Shepherd’s Pie	Red Bean & Sweet corn Fritter
<b>‘VEGETABLES’</b>	Sweet corn  Green Salad	Sliced Carrots  Spring Cabbage	Baked Beans  Seasoned Wedges	Diced Swede  Broccoli Florets	Garden Peas  Chipped Potatoes
<b>‘DESSERT’</b>	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

**ALSO AVAILABLE DAILY**

Jacket Potatoes, Salad Bar, Tuna, Cheddar, 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

# Chaloner Primary School w/c 18.04.16, w/c 09.05.16, w/c 06.06.16, w/c 27.06.16, w/c 18.07.16

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
‘CHEF’S HOT FAYRE’	Turkey Broccoli Pasta Bake with Garlic Bread	Cottage Pie	Cheese & Ham Panini	Roast Beef & Yorkshire Pudding	Oven Baked Fish in Batter  Fish Cakes
‘CHEF’S HOT FAYRE’	Mince & Vegetable Pie with New Potatoes	Sausages & Gravy with Mashed Potatoes	B.B.Q. Chicken Pizza	Chicken & Vegetable Casserole	Roast Pepper & Ham Omelette
‘VEGETARIAN OPTION’	Veggie Mince Bolognaise & Garlic Bread	Sweet Potato & Cheese Puff Pie	Vegetable Chilladas	Chickpea Wellington	Egg Croquettes
‘VEGETABLES’	Cauliflower Florets  Green Beans	Garden Peas  Diced Carrots	Baked Beans  Seasoned Wedges	Oven Roast Potatoes  Spring Cabbage  Sweet corn	Garden Peas  Chipped Potatoes
‘DESSERT’	Chocolate Crunch Slice  Fruit Yoghurt  Fresh Fruit Salad	Rhubarb & Ginger Layer Pudding & Custard  Fresh Fruit Salad	Ginger 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**

Jacket Potatoes, Salad Bar, Tuna, Cheddar, 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

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>‘CHEF’S HOT FAYRE’</b>	<b>Mince &amp; Dumplings with Mashed Potatoes</b>	<b>Tuna Cheese Baguette Melt</b>	<b>Ham &amp; Pepper Pizza</b>	<b>Baked Ham with Roast Potatoes</b>	<b>Oven Baked Fish in Batter</b>  <b>Fish Fingers</b>
<b>‘CHEF’S HOT FAYRE’</b>	<b>Ham &amp; Cheese Flan with Parsley Potatoes</b>	<b>Turkey &amp; Bacon Meat Loaf</b>	<b>Fish Cake</b>	<b>Chicken Tomato Pasta Bake with Garlic Bread</b>	<b>Turkey Burger in a Bun</b>
<b>‘VEGETARIAN OPTION’</b>	<b>Tomato Basil Pasta Bake with Garlic Bread</b>	<b>Bean Burger in a Bun</b>	<b>Cheese &amp; Tomato Pizza</b>	<b>Vegetable Casserole with Herb Dumpling &amp; Roast Potatoes</b>	<b>Cheese Roll</b>
<b>‘VEGETABLES’</b>	<b>Green Beans</b>  <b>Oven Roasted Vegetables</b>	<b>Sweet corn &amp; Peas</b>  <b>Herby Potatoes</b>	<b>Baked Beans</b>  <b>Mixed Vegetables</b>  <b>Seasoned Wedges</b>	<b>Sliced Carrots</b>  <b>Broccoli Florets</b>	<b>Garden Peas</b>  <b>Chipped Potatoes</b>
<b>‘DESSERT’</b>	<b>Rice Pudding with Jam Sauce</b>  <b>Fresh Fruit Salad</b>	<b>Banana Cinnamon Slice</b>  <b>Fruit Yoghurt</b>  <b>Fresh Fruit Salad</b>	<b>Fruit Trifle</b>  <b>Fresh Fruit Salad</b>	<b>Chocolate Orange Sponge &amp; Chocolate Sauce</b>  <b>Fresh Fruit Salad</b>	<b>Oat Biscuit</b>  <b>Fruit Yoghurt</b>  <b>Fresh Fruit Salad</b>

**ALSO AVAILABLE DAILY**

**Jacket Potatoes, Salad Bar, Tuna, Cheddar, 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***