



FUEL FOR YOUNG MINDS

# South Wonston Primary School **menu**

## Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit  
[foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

## Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.



# MENU - WEEK ONE

**Week Commencing:** 2nd June | 23rd June | 14th July | 8th Sept | 29th Sept | 20th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



Spanish Chicken served with Fluffy Rice, Green Beans, Broccoli



Vegetable Curry served with Fluffy Rice, Green Beans, Broccoli



Pasta with Tomato and Basil Sauce



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Oat & Cinnamon Cookie with Orange Slices

TUESDAY



Beef Pasta Bolognese, Garlic Slice, Sweetcorn, Peas



Macaroni Cheese, Garlic Slice, Sweetcorn, Peas



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Iced Sponge with Custard

WEDNESDAY



Roast Chicken and Gravy served with Roast Potatoes, Broccoli, Sliced Carrots



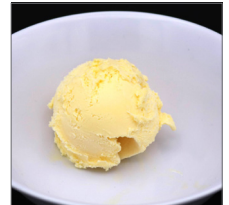
Roasted Vegan Quorn Fillet served with Roast Potatoes, Broccoli, Sliced Carrots



Pasta with Tomato and Basil Sauce



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Vanilla Ice Cream with Fresh Fruit

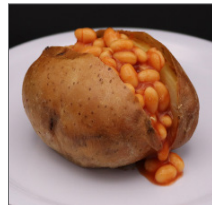
THURSDAY



Pork Sausages with Gravy, Mashed Potato, Green Beans, Sliced Carrots



Quorn Vegan Sausage with Gravy, Mashed Potato, Green Beans, Sliced Carrots



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Apple Crumble Served with Custard

FRIDAY



Fish Fingers, Chips, Peas, Baked Beans & Tomato Ketchup



Tomato & Cheese Pizza Pinwheel, Chips, Peas and Baked Beans



Pasta with Tomato and Basil Sauce



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Fruity Friday

**Deli option is available daily.**

**Pasta is available on Monday, Wednesday and Friday. Jacket Potatoes are available on Tuesday and Thursday. All meals come with seasonal vegetables or salad of your choice.**

\*Some photos may depict different sides to those described.



# MENU - WEEK TWO

Week Commencing: 9th June | 30th June | 21st July | 15th Sept | 6th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



Homemade BBQ Chicken served with Fluffy Rice, Carrots, Sweetcorn



BBQ Vegetable & Mixed Bean Wrap, served with Fluffy Rice, Carrots, Sweetcorn



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Flapjack with Orange Segments

TUESDAY



Beef Burger served with Potato Wedges, Peas, Coleslaw



Vegetable Burger served with Potato Wedges, Peas, Coleslaw



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Jam Sponge served with Custard

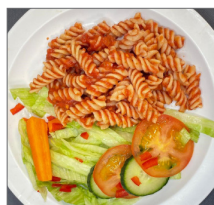
WEDNESDAY



Roast Chicken and Gravy served with Roast Potatoes, Broccoli, Sliced Carrots



Roast Quorn Fillet and Gravy served with Roast Potatoes, Broccoli, Carrots



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Shortbread & Apple Slices

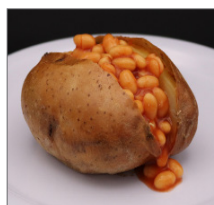
THURSDAY



Beef Lasagne served with Green Beans, Green Salad, Warm Baguette



Cheese & Potato Pie, Green Beans, Green Salad, Warm Baguette



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Apple Crumble & Custard

FRIDAY



Fish Fingers served with Chips, Peas, Baked Beans & Tomato Ketchup



Cheese & Bean Puff, Chips, Beans, Peas and Tomato Ketchup



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Fruity Friday

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# MENU - WEEK THREE

Week Commencing: 16th June | 7th July | 1st Sept | 22nd Sept | 13th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



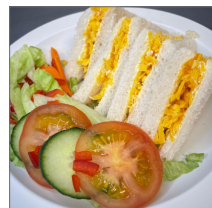
Ham, Cheese & Tomato Pizza served with Diced Potatoes, Sweetcorn, Peas



Cheese & Tomato Pizza served with Diced Potatoes, Sweetcorn, Peas



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Chocolate Sponge & Custard

TUESDAY



Cottage Pie served with Warm Baguette, Carrots, Cabbage



Vegetarian Mince Cottage Pie served with Warm Baguette, Carrots, Cabbage



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Oat Cinnamon Cookie

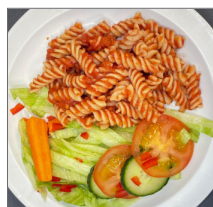
WEDNESDAY



Roast Chicken and Gravy served with Roast Potatoes, Broccoli, Sliced Carrots



Roast Quorn Fillet and Gravy served with Roast Potatoes, Broccoli, Carrots



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling

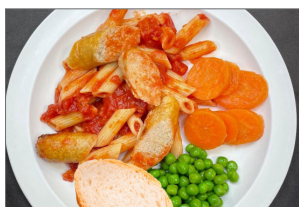


White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



Banana Muffin

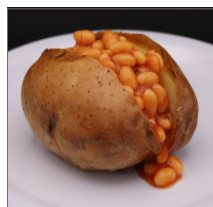
THURSDAY



Sausage & Tomato Pasta served with Warm Baguette Slice, Sweetcorn, Peas



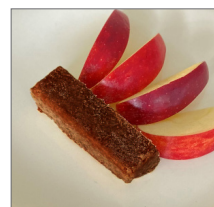
Roast Vegetable Frittata served with Warm Baguette Slice, Sweetcorn, Peas



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham or Egg Mayonnaise filling



Chocolate & Orange Shortbread served with Apple Slices

FRIDAY



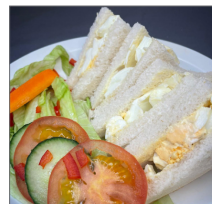
Fish Fingers, served with Oven Chips, Garden Peas, Baked Beans, Ketchup



Vegetable Fingers, served with Oven Chips, Garden Peas, Baked Beans, Ketchup



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Sandwich with your choice of Cheese, Ham or Egg Mayonnaise filling



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