

Spring 18 Menu

Shute Community Primary School

Menu Spring 2018 - Shute

Child's Name:.....

Highlight or circle your option.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing:				
3rd Jan, 22nd Jan, 19th Feb, 12th March				
Minced Beef Yorkshire Pudding Vegetables in a Yorkshire Pudding Creamed Potatoes Mixed Peas & Sweetcorn ~ Chocolate Ice Cream Roll ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Turkey Spanish Omelette Roast Potatoes Green Beans ~ Plum Crumble and Custard ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Cod Fish Fingers Winter Vegetable Pie Baked Diced Potatoes Spaghetti Hoops or Peas ~ Iced Sponge ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Beef Poached Cod in Tomato Sauce Roast Potatoes Carrots ~ Orange Jelly ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Chicken or Vegetable Nuggets Cheese Flan Chipped Potatoes Baked Beans or Sweetcorn ~ Gingerbread & Vanilla Sauce ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit
Week 2 Commencing:				
8th Jan, 29th Jan, 26th Feb, 19th March				
Chicken & Tomato Casserole Quorn Hot Pot Pasta Spirals Green Beans ~ Jam Sponge and Custard ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Gammon Ham Vegetable Tagine with Rice Creamed Potatoes Baby Carrots ~ Banana Mousse ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Spaghetti Bolognese Macaroni Cheese Fresh Salad or Sweetcorn Garlic Bread ~ Toffee Apple Crumble & Custard ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Turkey Roast Quorn Slices in Gravy Roast Potatoes Broccoli ~ Chocolate Cookies ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Pork or Vegetable Sausages Baked Cod Fillet, no breadcrumbs or batter Chipped Potatoes Baked Beans or Garden Peas ~ Lemon Drizzle Cake ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit
Week 3 Commencing:				
15th Jan, 5th Feb, 5th March, 26th March				
Baked Sausage Rolls Vegetable Curry with Onion Bhaji Oven Baked Potatoes Spaghetti Hoops or Peas ~ Currant & Sultana Sponge with Custard ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Beef Cheese Omelette Roast Potatoes Broccoli ~ Strawberry Jelly ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Cheese & Tomato Pizza Chicken and Chorizo Bake Pasta Spirals Sweetcorn ~ Carrot Cake ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Roast Gammon Ham Vegetable Crumble Creamed Potatoes Baby Carrots ~ Ring Doughnuts with Warm Jam Sauce ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit	Cod Fish Fingers Quorn Patties on Baps Chipped Potatoes Baked Beans or Sweetcorn ~ Chocolate Sponge & Chocolate Sauce ~ Selection of Fresh Salad Freshly Cut Bread Low Fat Yogurt Selection of Fresh Fruit

Fresh Salad (Lettuce, Cucumber and Grated Carrot) is available daily as a vegetable alternative if ordered the day before

* Jacket Potatoes can be provided as an alternative if requested the day before.

** Sandwiches are also an alternative on White or Brown - Tuna, Ham or Cheese with a bag of crisps and normal dessert choice