

DITCHEAT PRIMARY SCHOOL AUTUMN/WINTER MENU 2020/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 7 th Sept 28 th Sept 19 th Oct 16 th Nov 7 th Dec 11 th Jan 1 st Feb	Beef Lasagne (G D E) Vegetable Lasagne (V,G,D E) Garlic bread (V,D, G) Salad Jacket Potato Chocolate Mousse (D) or Fruit or yoghurt (D)	Hot Dogs (G) Veggie Hot Dogs (G,V) Salad Jacket Potato Jam & Coconut sponge & custard (G,D,E) Or Fruit or yoghurt (D)	Roast Chicken Quorn Roast (V) Roast potatoes, Yorkshire pudding (G,D,E) Vegetables Jacket Potato Fruit Jelly & ice cream (G,D) Or Fruit or yoghurt (D)	Tortilla wraps (G,) Ham or Chicken (with salad) Cheese or Egg (with salad) (D,E V) vegetable sticks Tortilla chips Jacket Potato Apple Crumble & Custard (G,D) Or Fruit or yoghurt (D)	Fish, Chips & Peas. (G,D,V,F) Jacket Potato Carrot cake (G,D,E) Or Fruit or yoghurt (D)
WEEK 2 14 th Sept 5 th Oct 2 nd Nov 23 rd Nov 14 th Dec 18 th Jan 8 th Feb	Pepperoni Pizza (G, D) Margarita Pizza (V, G, D) Salad Jacket Potato Chocolate sponge & Custard (G, D,E) Or Fruit or yoghurt (D)	Homemade Pork & Apple burgers (G,E) Veggie Burgers (V,G,E) Salad Jacket Potato Rice pudding & fruit purée (D) Or Fruit or yoghurt (D)	Toad in the Hole (G,D,E) Veggie Toad in the Hole (V,G,D,E) Roast potatoes, Vegetables Jacket Potato Fresh fruit salad Or Fruit or yoghurt (D)	Chicken Korma (G,D) Vegetable Korma (V,G,D) Rice & Sweetcorn Jacket Potato Blueberry Muffins (G,D,E) Or Fruit or Yoghurt (D)	Fish Fingers (G,V,E,F) Sweet potato wedges Baked beans (G) Jacket Potato Ice cream cones (G,D) Or Fruit or yoghurt (D)
WEEK 3 21 st Sept 12 th Oct 9 th Nov 30 th Nov 4 th Jan 25 th Jan	Gammon & pineapple Mashed Potato (D) Quorn Gammon roast (V,G,D) Peas Jacket Potato Chocolate Brownies (G,D,E) Or Fruit or yoghurt (D)	Meatballs (G,E) Meat free balls (V,G) Spaghetti. (G,E) Salad Jacket Potato Fruit upside down cake & cream (G,D,E) Or Fruit or yoghurt (D)	Roast Turkey Quorn Roast (V) Roast potatoes, Yorkshire pudding (G,D,E) Vegetables Jacket Potato Tinned fruit with shortbread (G,D) Or Fruit or yoghurt (D)	Chicken Goujons (G,E) Vegetable Nuggets (G,E,V) Savoury Vegetable Rice Jacket Potato Sticky Toffee pudding & custard (G,D,E) or Fruit or yoghurt (D)	Fishcakes (G,D,E,F) Salmon fishcakes (G,D,E,F) Potato waffles/smiley faces Baked Beans/Spaghetti Hoops (G) Jacket Potato Pancakes with fresh fruit (G,E,D) Or Fruit or yoghurt (D)

Jacket potatoes are served with cheese, beans or spaghetti hoops

Our fruit option contains at least 3 of the following every day: banana, apple, orange, grapes, strawberry, pineapple melon & kiwi.

We serve at least 3 different types of seasonal vegetables per week.

Bread, water & Semi skimmed milk are available every day.

V= SUITABLE FOR VEGETARIANS

G= CONTAINS GLUTEN

D= CONTAINS DAIRY

E= CONTAINS EGG

F= CONTAINS FISH

