



School Meal Menu

Spring 2018

About the food we serve

We provide diverse selection of hot and cold lunches - all made almost entirely from fresh ingredients. This means that pupils are packed with the right nutrients and have plenty of nourishment and energy throughout the day, helping them fully concentrate and achieve success academically and athletically.

Fresh Food you can trust

We are committed to sourcing ingredients with assured provenance from local and regional suppliers. We use:

Free Range Eggs

'Farm Assured' and 'Red Tractor' accredited British Meat Poultry
Marine Stewardship Approved (MSC) certified fish from sustainable fisheries

Our kitchen has received 5 starts rating reaching the highest possible score of excellence by "Food Hygiene Rating System".

We offer full traceability of the meals we serve. Our suppliers are audited by an external body to ensure they comply with both our own and statutory obligations.

Our menus are checked and approved by registered dietitian to ensure that our school meals meet government school food standards for healthy eating.

Special Diets

We can cater for specific dietary needs. Our catering staff are trained to cater for pupils with allergies and religious dietary needs including Halal, Vegetarian, Vegan, Gluten Free, Dairy Free, and Egg Free.

If your child has any food allergies, please still order a lunch and we will provide them with an appropriate alternative. Please email Libby Lewis, Catering Manager, if you have any concerns over your child's allergies: Libby.Lewis@prioryschool.com

Great Value for money

Our two course nutritionally balance meal for £2.00 represents excellent value for money.

The Government is funding free school lunches for children in reception, year 1 and year 2 in state-funded schools in England. If you have child in this age group you could save over £400 per year.

Contact

Please contact Libby Lewis, Catering Manager at Priory School for further details Libby.Lewis@prioryschool.com



Marine Stewardship Council
Certified sustainable seafood





Week 1

Week Commencing: 08/01, 29/01, 26/02, 19/03

Menu Checked
by Registered
Dietitian



Anna-Maria Holt BSc RD
Company Dietitian
www.pelicanprocurement.co.uk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Freshly Prepared MSC Salmon & Broccoli Bake (F/M/G)	Home Made Chilli Con Carne served with 50/50 rice	Freshly Made Red Tractor Chicken Fajitas (G)	Oven Baked Pork Sausage in a Yorkshire Pudding (G/M/E)	Oven Baked Crispy Battered Fish (F/G)
MAIN HALAL	Freshly Prepared Salmon & Broccoli Bake (F/M/G)	Home Made Halal Chilli Con Carne served with 50/50 rice	Freshly Made Halal Chicken Fajitas (G)	Oven Baked Halal Beef Sausage in a Yorkshire Pudding	Oven Baked Crispy Battered Fish (F/G)
VEGETARIAN	Freshly Baked Cheese & Tomato Pizza with Thin Crust (G/M)	Freshly Baked Vegetarian Quorn Sausage served in Brown Roll (G/E/M)	Home Made Baked Vegetable Lasagne (G/M/E)	Freshly Prepared Butternut squash & Red Pepper Curry	Arrabiata (Tomato & Chilli) Pasta (G)
JACKET POTATO	Freshly Baked Jacket Potato with Tuna Mayonnaise (E)	Freshly Baked Jacket Potato with Grated Cheese (M)	Freshly Baked Jacket Potato with Low Sugar Baked Beans in Tomato Sauce	Freshly Baked Jacket Potato with Tuna Mayonnaise (E)	Freshly Baked Jacket Potato with Grated Cheese, Mayonnaise & Onion (E/M)
SIDE DISH	Home Made Garlic Bread(G) Peas & Seasonal Salad	Oven Baked Wedges Vegetable Sticks, Seasonal Salad	Wedges, Grated Carrot & Mixed Salad	Creamy Mashed Potato Fresh Cabbage & Seasonal Salad	Oven Baked Chips Steamed Peas Beans Seasonal Salad
SANDWICH	Freshly Prepared Ham Wrap (G)	Freshly Prepared Tuna Mayonnaise served in Baguette (F/E/G)	Freshly Made Free Range Egg Mayonnaise served in Roll (E/G)	Freshly Made Cheese Baguette (M/G)	Freshly Made Chicken & Mayonnaise Sandwich (E/G)
PUDDING	Home Baked Cherry & Coconut Cake (G/E) Seasonal Fresh Fruit, Fruity Yogurt (M)	Freshly Made Lemon Mousse (M) Seasonal Fresh Fruit, Fruity Yogurt(M)	Home-Baked Oat & Raisin Slice (G/E) Seasonal Fresh Fruit, Fruity Yogurt(M)	Freshly Baked Mango & Passionfruit Cupcake (G/E) Seasonal Fresh Fruit, Fruity Yogurt(M)	Home-Made Apple & Oaty Cookie (G) Seasonal Fresh Fruit, Fruity Yogurt(M)

Allergen Key – Dish contains:

C=Celery, G=Gluten, CR=Crustaceans, E=Egg, F=Fish, L=Lupin, M=Milk, MO=Mollusc, MU=Mustard, N=Nuts, P=Peanuts, SS=Sesame Seeds, S=Soya, SD=Sulphur Dioxide



Week 2

Week Commencing: 15/01, 05/02, 05/03, 26/03

Menu Checked
by Registered
Dietitian



Anna-Maria Holt BSc RD
Company Dietitian
www.pelicanprocurement.co.uk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Quorn Sausage in a Yorkshire Pudding with Gravy (M/G/E)	Homemade BBQ Chicken Served on Rice (MU)	Homemade Savory Lamb Mince Pasties (G)	Oven Roasted Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
MAIN HALAL	Quorn Sausage in a Yorkshire Pudding with Gravy (M/G/E)	Homemade BBQ Halal Chicken Served on Rice (MU)	Homemade Savory Halal Lamb Mince Pasties (G)	Oven Roasted Halal Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
VEGETARIAN	Oven Roasted Seasonal Vegetables in a Puff Pastry Triangle (G)	Homemade Vegetable Burger in a brioche bun (G/E/M)	Freshly Prepared Quorn Sausage in a BBQ & Bean Sauce (G/M/E)	Oven Roasted Quorn Fillet with Sage & Onion Stuffing	Freshly Prepared Vegetable & Cheese Filled Enchiladas (G/M)
JACKET POTATO	Freshly Baked Jacket Potato With Baked Beans	Freshly Baked Jacket Potato with Grated Cheese (M)	Freshly Baked Jacket Potato With Tuna Mayonnaise (E)	Freshly Baked Jacket Potato With Homemade Vegetable Chilli	Freshly Baked Jacket Potato Homemade Coleslaw (E)
SIDE DISH	Freshly Prepared Vegetable Sticks, Sweetcorn, Oven Baked Wedges & Seasonal Salad	Oven Baked Herby Diced Potato, Seasonal Salad, Steamed Green Beans	Creamy Mashed Potato Fresh Cabbage & Seasonal Salad	Oven Roasted Potatoes Steamed Fresh Broccoli & Carrots	Oven Baked Chips Steamed Peas Beans Seasonal Salad
SANDWICH	Freshly Made Free Range Egg Mayonnaise Baguette (E/G)	Freshly Prepared Tuna Mayonnaise served in Wrap (F/E/G)	Freshly Prepared Whole meal Ham Sandwich (G)	Freshly Made Cheese Roll (M/G)	Freshly Made Chicken & Mayonnaise Baguette (E/G)
PUDDING	Home Baked Cornflake & Coconut Cookie (G/E) Seasonal Fresh Fruit, Fruity Yogurt	Freshly Made Cherry Shortbread(M) Seasonal Fresh Fruit, Fruity Yogurt	Home-Baked Mixed Berry Flapjack(G) Seasonal Fresh Fruit, Fruity Yogurt	Freshly Baked Chocolate & Pear Cupcake (G/E) Seasonal Fresh Fruit, Fruity Yogurt	Rice Pudding with a fruit Puree Seasonal Fresh Fruit, Fruity Yogurt

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Week 3

Week Commencing: 22/01, 19/02, 12/03

Menu Checked
by Registered
Dietitian



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Company Dietitian
www.pelicanprocurement.co.uk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Freshly Prepared Tuna & Cheese Puff Pastry Melt (G/F/M)	Chicken Breast Burger in a Bun (G)	Freshly Prepared Pork Meatballs with Homemade Tomato Sauce (G/M)	Home Made Beef & Vegetable Stew	Oven Baked Cod Fish Fingers (F/G)
MAIN HALAL	Freshly Prepared Tuna & Cheese Puff Pastry Melt (G/F/M)	Chicken Burger in a Bun (G)	Freshly Prepared Lamb & Mint Meatballs with Homemade Tomato Sauce (G/M)	Home Made Halal Beef & Vegetable Stew	Oven Baked Cod Fish Fingers (F/G)
VEGETARIAN	Home Made Vegetable Chilli Con Carne & Rice	Home Baked Vegetable Crumble (G/M)	Home Made Leek & Potato Pie (G/M)	Oven Roasted Seasonal Vegetables in a Yorkshire Pudding with Gravy (G/M)	Home Baked Cheese & Tomato Quiche (G/E/M)
JACKET POTATO	Freshly Baked Jacket Potato with Baked Beans	Freshly Baked Jacket Potato with Grated Cheese (M)	Freshly Baked Jacket Potato with Tuna Mayonnaise (E)	Freshly Baked Jacket Potato with Baked Beans	Freshly Baked Jacket Potato with Home Made Quorn Mince Chilli
SIDE DISH	Steamed Fresh Broccoli & Seasonal Salad	Oven Baked Wedges, Vegetable Sticks & Green Beans	Rice & Sweetcorn	Creamy Mashed Potato, Fresh Cabbage & Seasonal Salad	Oven Baked Chips Steamed Peas, Baked Beans & Seasonal Salad
SANDWICH	Freshly Made Free Range Egg Mayonnaise served in Wholemeal Bread (E/G)	Freshly Prepared Tuna Mayonnaise served in a Wrap (F/E/G)	Freshly Prepared Wholemeal Ham Sandwich (G)	Freshly Made Chicken & Mayonnaise in a Roll(E/G)	Freshly Made Cheese Baguette (M/G)
PUDDING	Home Baked Mandarin Cake (G/E) Seasonal Fresh Fruit, Fruity Yogurt	Freshly Made Raspberry Cheesecake (G/M) Seasonal Fresh Fruit, Fruity Yogurt	Home-Baked Chocolate Oaty Cookie (G) Seasonal Fresh Fruit, Fruity Yogurt	Freshly Prepared Strawberry Mousse (M) Seasonal Fresh Fruit, Fruity Yogurt	Home-Made Banana Cake (G/E) Seasonal Fresh Fruit, Fruity Yogurt

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