



School Meal Menu

Autumn 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 £2.20 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.

Please note – the sandwich option is only available to KS2 children.

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: 03/09, 24/09, 15/10, 12/11, 03/12

Menu Checked
by Registered
Dietitian



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Homemade Salmon and Fish Puff Pastry Triangles (G/F/M)	Oven Baked Butchers Pork Sausages (G)	Spaghetti Bolognese with Homemade Garlic Bread (G) <i>Gluten free alternative available</i>	Oven Roasted Chicken Breast with Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Oven Baked Crispy Breaded Fish (G/F) <i>Gluten free alternative available</i>
MAIN HALAL	Homemade Salmon and Fish Puff Pastry Triangles (G/F/M)	Oven Baked Halal Chicken Sausages (G)	Halal Spaghetti Bolognese with Homemade Garlic Bread (G) <i>Gluten free alternative available</i>	Oven Roasted Halal Chicken Breast with Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Oven Baked Crispy Breaded Fish (G/F) <i>Gluten free alternative available</i>
VEGETARIAN	Freshly Baked Cheese Pizza, made with a Homemade Tomato Sauce (G/M) <i>Gluten or Milk free alternative available</i>	Homemade Quorn Mince Cottage Pie topped with Sweet Potato Mash (E)	Freshly made Mixed Bean Chilli and Rice	Roasted Quorn Fillet with Sage and Onion Stuffing and Gravy (E/M/G) <i>Gluten free alternative available</i>	Cherry Tomato, Broccoli and Pasta Bake (G/M) <i>Gluten free alternative available</i>
JACKET POTATO	Oven Baked Jacket Potato with Tuna Mayonnaise (E)	Oven Baked Jacket Potato with Cheese (M)	Oven Baked Jacket Potato with Beans	Oven Baked Jacket Potato with Vegetable Chilli	Oven Baked Jacket Potato with Grated Cheese (M)
SIDE DISH	Jacket Potato Fresh Vegetable Sticks, Peas, Seasonal Salad	Creamy Sweet Potato Mash, Baked Beans, Sweetcorn, Seasonal Salad	Garlic and Herb Bread Seasonal Salad (G)	Crispy Roast Potatoes, Seasonal Vegetables	Oven Baked Chips, Steamed Peas, Baked Beans, Seasonal Salad
SANDWICH	Freshly Baked Ham Baguette (G)	Freshly made Egg Mayonnaise Sandwich (E/G)	Freshly Baked Tuna Mayonnaise Brown Roll (G/F/E)	Freshly made whole meal Cheese Sandwich (M/G)	Freshly made Chicken and Mayonnaise Wrap (E/G)
PUDDING	Fruity Flapjack (G) Freshly Prepared Fruit Yogurt (M)	Bakewell Tart (G/E) Freshly Prepared Fruit Yogurt (M)	Freshly Prepared Fruit Yogurt (M)	Lemon Cookies (G) Freshly Prepared Fruit Yogurt (M)	Cocoa Cake (G/E) Freshly Prepared Fruit 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: 10/09, 01/10, 29/10, 19/11, 10/12

Menu Checked
by Registered
Dietitian



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Quorn Nuggets (G)	Creamy Pesto Chicken Pasta (Nut Free) (M/G)	Savory Minced Beef in a Yorkshire Pudding (G/E) <i>Gluten or egg free alternative available</i>	Roast Turkey, Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Breaded Oven Baked Cod Fish Fingers (F/G)
MAIN HALAL	Crispy Quorn Nuggets (G)	Creamy Pesto Halal Chicken Pasta (Nut Free) (M/G) <i>Gluten free alternative available</i>	Savory Halal Minced Beef In a Yorkshire Pudding (G/E) <i>Gluten or egg free alternative available</i>	Roast Halal Turkey, Sage and Onion Stuffing and Gravy (G) <i>Gluten free alternative available</i>	Breaded Oven Baked Cod Fish Fingers (F/G) <i>Gluten free alternative available</i>
VEGETARIAN	Homemade Macaroni Cheese (M/G) <i>Gluten free alternative available</i>	Fajitas made with Quorn Pieces (G/E/M)	Vegetable Biryani served with a Naan bread (Mildly spiced rice with Vegetables) (G)	Freshly Prepared Vegetable Thai Curry	Homemade Cheese and Onion Pasty (M/G)
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Grated Cheese (M)	Oven Baked Jacket Potato with Tuna Mayonnaise (E/F)	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Coleslaw (E)
SIDE DISH	Potato wedges Sweetcorn, Grated Carrot, Seasonal Salad	Pasta twists, Green Beans, Seasonal Salad	Herby Potatoes, Seasonal Vegetables, Seasonal Salad	Crispy Roast Potatoes, Seasonal Vegetables, Salad	Oven Baked Chips, Steamed Peas, Baked Beans, Seasonal salad.
SANDWICH	Freshly Prepared Egg Mayonnaise Roll (E/G)	Freshly made Ham Sandwich with Whole meal bread (G)	Freshly baked Cheese Baguette (M/G)	Freshly Prepared Tuna Sandwich (F/G)	Freshly Prepared Ham Wrap (G)
PUDDING	Carrot Cake (G/E) Freshly Prepared Fruit Yogurt (M)	Orange and Cranberry Cookie (G) Freshly Prepared Fruit Yogurt (M)	Apple and Cinnamon Muffins (G/E) Freshly Prepared Fruit Yogurt (M)	Freshly Prepared Fruit Yogurt (M)	Iced Slice (G/E) Freshly Prepared Fruit Yogurt (M)



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Week 3

Week Commencing: 17/09, 08/10, 5/11, 26/11, 17/12

Menu Checked
by Registered
Dietitian



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Quorn Sausage Casserole (E/M/G/Mu)	Oven Baked Chicken Nuggets (G/E) <i>Gluten or egg free alternative available</i>	Freshly made Lamb Lasagna (G/M) <i>Gluten or Milk free alternative available</i>	Freshly Prepared Chicken and Vegetable Pasty (G)	Oven Baked Crispy Battered Fish (F/G) <i>Gluten free alternative available</i>
MAIN HALAL	BBQ Quorn Sausage Casserole (E/M/G/Mu)	Oven Baked Halal Chicken Nuggets (G/E) <i>Gluten or egg free alternative available</i>	Freshly made Halal Lamb Lasagna (G/M) <i>Gluten or Milk free alternative available</i>	Freshly Prepared Halal Chicken and Vegetable Pasty (G)	Oven Baked Crispy Battered Fish (F/G) <i>Gluten free alternative available</i>
VEGETARIAN	Sweet Tomato and Cheesy Pasta (G/M) <i>Gluten or Milk free alternative available</i>	Vegetable Burritos (Rice and Vegetables with a Pepper Sauce and Cheese in a tortilla wrap) (G/M) <i>Milk free alternative available</i>	Crispy Vegetable Burger in a Brioche Bun (G/E/M) <i>Milk or Egg free alternative available</i>	Homemade Quorn Mince Spaghetti Bolognese (E/G) <i>Gluten free alternative available</i>	Homemade Sweet Potato and Lentil Curry
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Grated Cheese(M)	Oven Baked Jacket Potato with Tuna Mayonnaise(F/M)	Oven Baked Jacket Potato with Baked Beans	Oven Baked Jacket Potato with Coleslaw/ Beans
SIDE DISH	Vegetable Rice, Broccoli, Seasonal Salad	Potato Wedges, Sweetcorn, Seasonal Salad	Vegetable Sticks, Seasonal Salad	New Boiled Potatoes, Seasonal vegetables or Salad	Oven Baked Chips Rice, Peas, Baked Beans, Seasonal Salad
SANDWICH	Freshly Prepared Egg Mayonnaise Roll (M/G)	Freshly made Ham Sandwich with Whole meal bread (G)	Freshly baked Cheese Baguette (M/G)	Freshly Prepared Tuna Mayonnaise Sandwich (G/E)	Freshly Prepared Ham Wrap (G)
PUDDING	Oaty Raisin Cookie (G) Freshly Prepared Fruit Yogurt(M)	Strawberry Cheese Cake (G/M) Freshly Prepared Fruit Yogurt (M)	Chocolate Muffins (G/E) Freshly Prepared Fruit Yogurt (M)	Freshly Prepared Fruit Yogurt (M)	Banana Cake (G/E) Freshly Prepared Fruit Yogurt (M)



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