



# School Meal Menu

## Summer 2019

### 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 and Marine Stewardship Approved (MSC) certified fish from sustainable fisheries

Our kitchen has received 5 starts rating reaching the highest possible score of excellence by the '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.

Please note, the Halal meat served is HMC certified, is all of the highest quality and sourced in the UK, however, due to the regulations set out by accreditation bodies such as Red Tractor and Farm Assured it does not qualify for the Food for Life scheme the rest of the menu achieves.

### 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](mailto:Libby.Lewis@prioryschool.com)

### Great Value for money

Our two course nutritionally balanced 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.

### Contact

Please contact Libby Lewis, Catering Manager at Priory School for further details [Libby.Lewis@prioryschool.com](mailto:Libby.Lewis@prioryschool.com)



Marine Stewardship Council  
Certified sustainable seafood





# Week 1

Week Commencing: 22/04, 13/05, 10/06, 01/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Salmon Fishcake (G/F) With Chips	Crispy Breaded Chicken Strips(G/E)	Pork Sausage Casserole(G)	Slow Roasted Pulled Beef in a Yorkshire Pudding(G/M/E)	Oven Baked MSC Battered Fish(G/F)
MAIN HALAL	Salmon Fishcake (G/F) With Chips	Crispy Breaded Halal Chicken Strips(G/E)	Beef Halal Sausage Casserole(G)	Slow Roasted Halal Pulled Beef in a Yorkshire Pudding(G/E/M)	Oven Baked MSC Battered Fish(G/F)
VEGETARIAN	Freshly baked Cheese and Tomato Thin Crust Pizza(G/M)	Homemade Cheese and Tomato Quiche(E/M/G)	Oven Baked Quorn Nuggets(G)	Crispy vegetable Burger in a Brioche Bun(G)	Mexican Bean and Cheese Wrap(G/M)
JACKET POTATO	Oven Baked Jacket Potato with Beans	Oven Baked Jacket Potato with Tuna Mayonnaise(E/F)	Oven Baked Jacket Potato with Cheese(M)	Oven Baked Jacket Potato with Coleslaw(E)	Oven Baked Jacket Potato with Beans
SIDE DISH	Homemade Garlic Bread(G) Fresh Vegetable Sticks, Seasonal Salad	Baked Seasoned Wedges(G), Sweetcorn, Baked Beans Seasonal Salad	New Potatoes, Green Beans, Seasonal Salad	Crispy Roast Potatoes, Broccoli, Seasonal Salad	Oven Baked Chips, Peas , Beans Seasonal salad
SANDWICH	Freshly Baked Egg Baguette(G/E)	Freshly made Chicken Tikka Mayonnaise Sandwich(G/E)	Freshly Prepared Ham Wrap(G)	Freshly Prepared Tuna Mayonnaise Wrap(G/F)	Freshly Baked Cheese Baguette(G/M)
PUDDING	Ginger Bread(G/E )  Fruity Yogurt(M)	Apple and Raspberry Muffins(E/G)  Fruity Yogurt(M)	Coconut and Cranberry Cookies(G)  Fruity Yogurt(M)	Fresh Fruit  Fruity Yogurt(M)	Caribbean Cake(G/E)  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: 29/04, 20/05, 17/06, 08/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Homemade Cheese Puff with a fresh Tomato Sauce(M/G)	Lamb Burger in a Brioche Bun(G/M/E)	Priory Pie Savory mince beef topped with crispy sliced potatoes and cheese (M)	Oven Roasted Chicken Breast with Sage and Onion Stuffing(G)	Oven Baked MSC Breaded Fish(G/F)
<b>MAIN HALAL</b>	Homemade Cheese puff with a Fresh Tomato Sauce(M/G)	Halal Lamb Burger in a Brioche Bun (G/M/E)	Priory Pie Savory mince beef topped with crispy sliced potatoes and cheese (M)	Oven Roasted Halal Chicken Breast with Sage and Onion Stuffing(G)	Oven Baked MSC Breaded Fish(G/F)
<b>VEGETARIAN</b>	Creamy Basil Pesto Pasta (nut Free)(M/G)	Sweet and Sour Quorn and Vegetables(E/M/G)	Homemade Crispy Vegetable Filled Pasty(G)	Oven Roasted Quorn Fillet with Sage and Onion Stuffing(E)	Baked Omelete with Cheese, Potato, Pepper, onion and sweetcorn(E/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Tuna Mayonnaise(E/F)	Oven Baked Jacket Potato with Beans	Oven Baked Jacket Potato with Cheese(M)	Oven Baked Jacket Potato with Coleslaw(E)	Oven Baked Jacket Potato with Beans
<b>SIDE DISH</b>	New Potatoes , Sweetcorn and Seasonal Salad	Potato Wedges, Rice, Fresh Vegetable Sticks, Seasonal Salad	Fresh Carrots, Savory Rice, Seasonal Salad	Crispy Roast Potatoes, Seasonal Fresh Vegetables, Seasonal Salad	Oven Baked Chips, Peas, Baked Beans, Seasonal Salad.
<b>SANDWICH</b>	Freshly Prepared Egg Brown Roll(E/G)	Freshly Prepared Tuna Mayonnaise sandwich(G/F)	Freshly Baked Ham Baguette(G)	Freshly Baked Tuna Mayonnaise Brown Roll(E/F)	Freshly Made Cheese Roll(M/G)
<b>PUDDING</b>	Parsnip and Coconut Flapjack(G)  Fruity Yogurt(M)	Chocolate Brownies (G/E)  Fruity Yogurt(M)	Fresh Fruit or Yogurt(M)	Strawberry Cheesecake(G/M)  Fruity Yogurt(M)	Pineapple Cake(E/G)  Fruity Yogurt(M)

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# Week 3

Week Commencing: 06/05, 27/05, 24/06, 15/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Freshly Made Tomato and Basil Pasta(G)	Pork Sausage in a Brown Roll (G)	Freshly Prepared Spaghetti Bolognese(G)	Creamy Chicken Curry with a Naan Bread(G)	MSC Oven Baked Fish Fingers(F/G)
MAIN HALAL	Freshly made Tomato and Basil Pasta(G)	Halal Chicken Sausage in a Brown Roll (G)	Freshly Prepared Halal Beef Spaghetti Bolognese (G)	Creamy Halal Chicken Curry with a Naan Bread(G)	MSC Oven Baked Fish Fingers(F/G)
VEGETARIAN	Stir Fry Vegetables with Noodles(E/G)	Vegetarian Lasagne with Quorn Mince (G/M/E)	Chickpea and Butternut Squash Curry with a Naan Bread (G)	Quorn Dippers with Tomato Ketchup Dip(G/E/M)	Melted Cheese and Pepper Wrap (M/G)
JACKET POTATO	Oven Baked Jacket Potato with Cheese(M)	Oven Baked Jacket Potato with Beans	Oven Baked Jacket Potato with Tuna Mayonnaise(E/F)	Oven Baked Jacket Potato with Cheese(M)	Oven Baked Jacket Potato with Beans
SIDE DISH	Herby Bread(G), Seasonal Salad, Sweetcorn	Herby Mini Roast Potatoes Fresh Vegetable Sticks Seasonal Salad	Spaghetti(G) Rice, Green Beans Seasonal Salad	Potato Wedges, Rice, Seasonal Salad	Baked Beans, Peas, Chips, Seasonal Salad
SANDWICH	Freshly Prepared Egg Baguette(E/G)	Freshly Made Cheese Sandwich(G/M)	Freshly Baked Ham Brown Roll(G)	Freshly Made Tuna Mayonnaise Sandwich(F/G)	Freshly Prepared Chicken Mayonnaise Wrap(E/G)
PUDDING	Ginger and Orange Biscuits(G)  Fruity Yogurt(M)	Lemon Short Bread(G)  Fruity Yogurt(M)	Lime and Coconut Muffins(G/E)  Fruity Yogurt(M)	Fresh Fruit  Fruity Yogurt(M)	Chocolate Cake(E/G)  Fruity Yogurt(M)

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