



# Our School Food

## Autumn 2021

### About the food we serve

We provide a selection of hot and cold lunches, all made in our school kitchen and where possible using fresh ingredients. The lunches meet the Government's school nutritional guidelines, which means that all the children will be provided with the balance of nutrients required to help them concentrate and achieve their full potential, both 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 and Poultry as well as Marine Stewardship Approved (MSC) certified fish from sustainable fisheries, our Halal meat is HMC and is also UK sourced.

We take great pride in the food we serve at Priory School and our aim is to encourage children to appreciate good food and understand the benefits of eating a balanced tasty lunch. To this end, we provide an after-school cookery club as well as including cooking in the curriculum. If your child is in Year R, then you have the opportunity to book in for lunch with them on their birthday.

We have a free coffee morning on Thursday after school drop off. Please come along, everyone is welcome.

Please contact Libby Lewis, the Catering Manager:  
[libby.Lewis@prioryschool.com](mailto:libby.Lewis@prioryschool.com)

### 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.

Please email Libby Lewis, Catering Manager, to discuss your child's food allergies:

Our kitchen has received 5 stars rating by the Food Hygiene 'Scores on the Doors' rating system.

### Ordering Lunch

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 a child in this age group, they will be given a school lunch. In Years 3/4/5/6 your child will be able to choose between a home packed lunch or a school lunch.

We use ParentPay for ordering lunches which you can activate using a unique username and password.

Our two course nutritionally balanced meal for £2.20 represents excellent value for money, for years 3, 4, 5 and 6, payment will need to be made at the time of booking on ParentPay. For children in Reception, 1 and 2, there will be no payment required as meals are provided free of charge for these years.

Making your selection via ParentPay will provide you with the flexibility to book a term in advance and to make any changes to your menu choices as required.



**Red Tractor Assurance**



**Marine Stewardship Council**  
Certified sustainable seafood






# Week 1




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Week Commencing: 30/08/2021, 20/9/2021, 11/10/2021, 8/11/2021, 29/11/2021

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Homemade Salmon and Fish Puff Pastry Triangles (G/F/M)	Oven Baked Butchers Pork Sausages(G)	Beef Lasagne with Garlic Bread(G/M)	Oven Roasted Chicken Breast with Sage and Onion Stuffing and Gravy(G)	Oven Baked Crispy Breaded Fish(G/F)
MAIN HALAL	Homemade Salmon and Fish Puff Pastry Triangles(G/F/M)	Oven Baked Halal Chicken Sausages(G)	Halal Beef Lasagne with Garlic Bread (G/M)	Oven Roasted Halal Chicken Breast with Sage and Onion Stuffing and Gravy(G)	Oven Baked Crispy Breaded Fish(G/F)
VEGETARIAN	Freshly Baked Cheese Pizza, made with a Homemade Tomato Sauce(G/M)	Vegetable Spaghetti with garlic Bread (G)	Freshly made Mixed Bean Chilli With Nachos (G) 	Roasted Quorn Fillet with Sage and Onion Stuffing and Gravy(E/M/G)	Cherry Tomato, Broccoli and Pasta Bake(G)
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna
SIDE DISH	New Potatoes, Fresh Vegetable Sticks, Peas, Seasonal Salad	Creamy Mash Potato, Baked Beans, Sweetcorn, Seasonal Salad	Garlic Bread,(G) Seasonal Salad	Crispy Roast Potatoes, Seasonal Vegetables	Oven Baked Chips, Steamed Peas, Baked Beans, Seasonal Salad
SANDWICH	Freshly Baked Cheese Baguette(G)	Freshly made Egg Mayonnaise Sandwich(E/G)	Freshly Baked Tuna and Mayonnaise Brown Roll(G/F/E)	Freshly made Wholemeal Ham Sandwich(MG)	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)	Ice Cream Freshly Prepared Fruit Yogurt(M)	Lemon Cookies(G) Freshly Prepared Fruit Yogurt(M)	Cocoa Cake(G/E) Freshly Prepared Fruit Yogurt(M)

 = Vegan

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




Marine Stewardship Council  
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Week Commencing: 6/9/2021, 27/9/2021, 18/10/2021, 15/11/2021, 6/12/2021,

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Quorn Nuggets(G)	Creamy Pesto Chicken Pasta (Nut Free)(M/G)	Roast Beef, Yorkshire Pudding and Gravy(G/E)	Oven Baked Cajun Chicken	Breaded Oven Baked Cod Fish Fingers(F/G)
MAIN HALAL	Crispy Quorn Nuggets(G)	Creamy Pesto Halal Chicken Pasta (Nut Free)(M/G)	Roast Halal Beef Yorkshire Pudding and Gravy(G/E)	Oven Baked Halal Cajun Chicken	Breaded Oven Baked Cod Fish Finger (F/G)
VEGETARIAN	Vegetable Jambalaya (E)	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 with Rice 	Homemade Cheese and Onion Pasty(M/G)
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna
SIDE DISH	Potato Wedges Sweetcorn, Seasonal Salad	Pasta twists, Green Beans, Seasonal Salad	Crispy Roast Potatoes, Seasonal Vegetables, Salad	Vegetable Rice and Sweetcorn	Oven Baked Chips, Steamed Peas, Baked Beans, Seasonal Salad.
SANDWICH	Freshly Prepared Egg Mayonnaise Roll(E/G)	Freshly made Ham Sandwich with Wholemeal 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)	Shortbread Freshly Prepared Fruit Yogurt(M)	Iced Slice(G/E) Freshly Prepared Fruit Yogurt(M)

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# Week 3



Week Commencing: 13/9/2021, 4/10/2021, 1/11/2021, 22/11/2021, 13/12/2021

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Quorn Sausage Casserole(E/M/G/Mu)	Oven Baked Chicken Nuggets (G)	Freshly made Shepherds(Lamb) Pie(G/M)	Roast Chicken with Sage and Onion Stuffing (G)	Oven Baked Crispy Battered Fish(F/G)
MAIN HALAL	BBQ Quorn Sausage Casserole(E/M/G/Mu)	Oven Baked Halal Chicken Nuggets(G)	Freshly made Halal Shepherds (Lamb)Pie(G/M)	Roast Halal Chicken with Sage and Onion Stuffing	Oven Baked Crispy Battered Fish(F/G)
VEGETARIAN	Mac 'n' Cheese (G/M)	Tomato and Basil Pasta (G)	Cheese and Tomato Pizza(G/M)	Vegetable Burritos (Rice and Vegetables with a Pepper Sauce and Cheese in a Tortilla Wrap) (G/M)	Homemade Sweet Potato and Lentil Curry with Rice 
JACKET POTATO	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna	Oven Baked Jacket Potato with Baked Beans or Cheese or Tuna
SIDE DISH	Vegetable Rice, Broccoli, Seasonal Salad	Potato Wedges, Sweetcorn, Seasonal Salad	Vegetable Sticks, Seasonal Salad/Vegetables	Roast Potatoes, Seasonal Vegetables or Salad	Oven Baked Chips, Peas, Baked Beans, Seasonal Salad
SANDWICH	Freshly Prepared Egg Mayonnaise Roll(M/G)	Freshly made Ham Sandwich with Wholemeal Bread(G)	Freshly baked Cheese Baguette(M/G)	Freshly Prepared Tuna and Mayonnaise Sandwich(G/E)	Freshly Prepared Ham Wrap(G)
PUDDING	Chocolate Muffins(G/E) Freshly Prepared Fruit Yogurt(M)	Strawberry Cheese Cake (G/M) Freshly Prepared Fruit Yogurt (M)	Ice cream (M) Freshly Prepared Fruit Yogurt(M)	Oaty Raisin Cookie(G) Freshly Prepared Fruit Yogurt(M)	Banana Cake(G/E) Freshly Prepared Fruit Yogurt(M)

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