



# School Meal Menu

## Autumn 2020

### 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)



**Red Tractor Assurance**



**Marine Stewardship Council**  
Certified sustainable seafood






# Week 1




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Week Commencing: 7/9/2020, 28/9/2020, 19/10/2020, 16/11/2020, 7/12/20

	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 Spaghetti Bolognese with Homemade Garlic Bread(G)	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 Spaghetti Bolognese with Homemade Garlic Bread (G)	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)	Homemade Quorn Mince Cottage Pie topped with Creamy Mash Potato (E)	Freshly made Mixed Bean Chilli and Rice 	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	Jacket Potato Fresh Vegetable Sticks, Peas, Seasonal Salad	Creamy Mash Potato, Baked Beans, Sweetcorn, Seasonal Salad	Garlic and Herb Bread(G), Seasonal Salad	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 and Mayonnaise Brown Roll(G/F/E)	Freshly made Wholemeal 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)

 = 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: 14/9/2020, 5/10/2020, 2/11/2020, 23/11/2020, 14/12/2020

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Crispy Quorn Nuggets(G)	Creamy Pesto Chicken Pasta (Nut Free)(M/G)	Crispy Breaded Turkey Fillet (E/G)	Roast Beef, Yorkshire Pudding and Gravy(G/E)	Breaded Oven Baked Cod Fish Fingers(F/G)
MAIN HALAL	Crispy Quorn Nuggets(G)	Creamy Pesto Halal Chicken Pasta (Nut Free)(M/G)	Crispy Breaded Halal Turkey Fillet(G/E)	Roast Halal Beef Yorkshire Pudding and Gravy(G/E)	Breaded Oven Baked Cod Fish Finger (F/G)
VEGETARIAN	Homemade Macaroni Cheese (M/G)	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, Grated Carrot, Seasonal Salad	Pasta twists, Green Beans, Seasonal Salad	Seasonal Vegetables, Boiled New Potatoes, Green 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 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)	Freshly Prepared Fruit Yogurt(M)	Iced Slice(G/E) Freshly Prepared Fruit Yogurt(M)

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# Week 3




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Week Commencing: 21/9/2020, 12/10/2020, 9/11/2020, 30/11/2020

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BBQ Quorn Sausage Casserole(E/M/G/Mu)	Oven Baked Chicken Nuggets(G/E)	Freshly made Lamb Lasagna (G/M)	Freshly Prepared Chicken Pasty(G)	Oven Baked Crispy Battered Fish(F/G)
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)	Freshly Prepared Halal Chicken Pasty(G)	Oven Baked Crispy Battered Fish(F/G)
VEGETARIAN	Sweet Tomato and Cheesy Pasta(G/M)	Vegetable Burritos (Rice and Vegetables with a Pepper Sauce and Cheese in a Tortilla Wrap) (G/M)	Crispy Vegetable Burger in a Brioche Bun(G/E/M)	Homemade Quorn Mince Spaghetti Bolognese(E/G)	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	Boiled New Potatoes, Seasonal Vegetables or Salad	Oven Baked Chips, Peas, Baked Beans, Seasonal Salad
SANDWICH	Freshly Prepared Egg Mayonnaise Roll (G/E)	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	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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