



# Our School Food

## Spring 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@prior](mailto:Libby.Lewis@prior)

### 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.

As of this term, we will be using 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



Week Commencing: 04/01/21, 25/01/21, 22/02/21, 15/03/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Freshly Prepared MSC Salmon & Broccoli Bake (F/M/G)	Freshly Made Chicken Fajitas (G)	Pork Sausage in a Yorkshire pudding (G/E/M)	Oven Roasted Chicken with Sage and Onion stuffing and Gravy (G)	Oven Baked Crispy Battered Fish (F/G)
<b>MAIN HALAL</b>	Freshly Prepared Salmon & Broccoli Bake (F/M/G)	Freshly Made Halal Chicken Fajitas (G)	Halal Beef Sausage in a Yorkshire pudding (G/E/M)	Halal Oven Roasted Chicken with Sage and Onion stuffing and Gravy (G)	Oven Baked Crispy Battered Fish (F/G)
<b>VEGETARIAN</b>	Freshly Baked Cheese & Tomato Pizza with Thin Crust (G/M)	Freshly Baked Vegetarian Quorn Sausage served in Brown Roll (G/E/M)	Arrabiata Pasta (Tomato & Chilli Sauce) (G) 	Freshly Prepared Butternut Squash & Red Pepper Curry 	Home Made Baked Vegetable Lasagne (G/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna (E/F)
<b>SIDE DISH</b>	Peas & Seasonal Salad	Herby Roast Potatoes and Seasonal Salad	Seasonal Vegetables, Mixed Salad	Roast Potatoes and Seasonal Vegetables	Oven Baked Chips Steamed Peas Beans Seasonal Salad
<b>SANDWICH</b>	Freshly Prepared Cheese Baguette (G)	Freshly Prepared Tuna Mayonnaise served in Baguette (F/E/G)	Freshly Made Free Range Egg Mayonnaise served in Roll (E/G)	Freshly Made Ham Wrap (M/G)	Freshly Made Chicken & Mayonnaise Sandwich (E/G)
<b>PUDDING</b>	Home Baked Cherry & Coconut Cake (G/E)  Seasonal Fresh Fruit, Fruity Yogurt (M)	Home-Baked Oat & Raisin Slice (G/E)  Seasonal Fresh Fruit, Fruity Yogurt(M)	Selection of  Fresh Fruit  Fruity Yogurt(M)	Freshly Baked Mango & Passionfruit Cupcake (G/E)  Seasonal Fresh Fruit, Fruity Yogurt(M)	Home-Made Apple & Oat Cookie (G)  Seasonal Fresh Fruit, Fruity 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  
Certified sustainable seafood



Week Commencing: 11/1/21, 1/2/21, 1/3/21, 22/3/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Tomato and Pasta Bake topped with Cheese (M/G)	Homemade Sticky Chicken Served on Rice (F/G/SD)	Homemade Savory Lamb Mince Pasties (G)	Oven Roasted Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
<b>MAIN HALAL</b>	Tomato Pasta Bake topped with Cheese (M/G)	Homemade Halal Sticky Chicken Served on Rice (F/G/SD)	Homemade Savory Halal Lamb Mince Pasties (G)	Oven Roasted Halal Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
<b>VEGETARIAN</b>	Oven Roasted Seasonal Vegetables in a Puff Pastry Triangle (G) 	Southern Quorn Burger in a Bun with wedges (E/M/G)	Freshly Prepared Quorn Sausage in a BBQ & Bean Sauce (G/M/E)	Oven Roasted Quorn Fillet with Sage & Onion Stuffing (G/M/E)	Freshly Prepared Vegetable & Cheese Filled Enchiladas(G/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese (M)or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)
<b>SIDE DISH</b>	Freshly Prepared Vegetable Sticks, Sweetcorn, Oven Baked Wedges & Seasonal Salad	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
<b>SANDWICH</b>	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)
<b>PUDDING</b>	Home Baked Cornflake & Coconut Cookie (G/E) Seasonal Fresh Fruit, Fruity Yogurt	Freshly Made Cherry Shortbread(M) Seasonal Fresh Fruit, Fruity Yogurt	Selection of 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

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# Week 3



Week Commencing: 18/1/21, 8/2/21, 8/3/21, 29/3/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Freshly Prepared Cheese and Tomato Puff Pastry Melt (G/F/M)	Chicken Breast Burger in a Bun (G)	Freshly Prepared Pork Meatballs with Homemade Tomato Sauce (G/M)	Roast Beef, Yorkshire Pudding and Gravy(G/E/M)	Oven Baked Cod Fish Fingers (F/G)
<b>MAIN HALAL</b>	Freshly Prepared Cheese and Tomato Puff Pastry Melt (G/F/M)	Halal Chicken Breast Burger in a Bun (G)	Freshly Prepared Halal Lamb Meatballs with Homemade Tomato Sauce (G)	Halal Roast Beef, Yorkshire Pudding and Gravy(G/E/M)	Oven Baked Cod Fish Fingers (F/G)
<b>VEGETARIAN</b>	Vegetable Burger in a Brioche Bun(G/E/M)	Falafal served in a wrap with Couscous and Vegetable Sticks (G) ✓	Home Made Leek & Potato Pie (G/M)	Veggie Sausage and Pepper Pasta Bake (E)	Home Baked Cheese & Tomato Quiche (G/E/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans or Cheese(M) or Tuna(E/F)
<b>SIDE DISH</b>	Baby Potatoes Steamed Fresh Broccoli & Seasonal Salad	Oven Baked Wedges, Vegetable Sticks & Green Beans Seasonal Salad	Rice & Sweetcorn Seasonal Salad	Creamy Mashed Potato, Fresh Cabbage & Seasonal Salad	Oven Baked Chips Steamed Peas, Baked Beans & Seasonal Salad
<b>SANDWICH</b>	Freshly Made Free Range Egg Mayonnaise served in Whole meal Bread (E/G)	Freshly prepared Cheese Baguette (M/G)	Freshly Prepared Whole meal Ham Sandwich (G)	Freshly Prepared Tuna Mayonnaise served in a Wrap (F/E/G)	Roast Beef and Tomato Brown Roll (G)
<b>PUDDING</b>	Home Baked Mandarin Cake (G/E) Seasonal Fresh Fruit, Fruity Yogurt	Home-Baked Chocolate Oat Cookie (G) Seasonal Fresh Fruit, Fruity Yogurt	Selection of Fresh Fruit Fruity Yogurt	Freshly Prepared Raspberry Cheesecake (G/M) Seasonal Fresh Fruit, Fruity Yogurt	Home-Made Banana Cake (G/E) Seasonal Fresh Fruit, Fruity Yogurt

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