

**PLEASE RETURN COMPLETED
MENUS TOMORROW MORNING**

Child's name:

.....

Class:

ALFORD PRIMARY SCHOOL ~ 5 WEEKLY MENUS

Can you please indicate at the bottom of each column your child's main meal and dessert choice for that day. On the days that you will be sending your child with a packed lunch can you please make sure that you write 'Packed lunch', or 'Pack-up'.

IF YOU HAVE ORDERED A HOT MEAL PLEASE DO NOT BRING A PACKED LUNCH

**It is very important that you complete ALL 5 menus
do not leave any of the columns blank**

Fresh fruit will be served with ALL puddings.
The children are given the choice of milk or water
and extra bread if necessary every day.
Wholegrain varieties of pasta and rice are always used.

Please be aware, desserts can only be ordered if your child is having a hot meal (NOT a packed lunch)

(Monday 19th February to 23rd February 2018)

	Monday 19th February	Tuesday 20th February	Wednesday 21st February	Thursday 22nd February	Friday 23rd February
MAIN MEAL 1 st CHOICE	Pork Sausages Creamed Potatoes Peas & Gravy	Pasta Bolognese Broccoli & Carrots	Hunters Chicken Vegetable Rice Green Beans	Beef Yorkshire Pudding Roast Potatoes & Mixed Veg	Fish Fingers Chips & Baked Beans
MAIN MEAL 2 nd CHOICE	Quorn Sausages Creamed Potatoes Peas & Gravy	Bean Lasagne Broccoli & Carrots	Butternut Squash & Spinach Roulade Cous Cous & Green Beans	Jacket Potato with Cheese & Baked Beans	Cheese & Red Pepper Quiche Chips & Baked Beans
DESSERT 1 st CHOICE	Bananas with Ice Cream & Chocolate Sauce	Chocolate Shortcake & Custard	Iced Sponge	Frozen Raspberry Yoghurt & Shortbread Finger	Jam Doughnut
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					

(Monday 26th February to 2nd March 2018)

	Monday 26th February	Tuesday 27th February	Wednesday 28th February	Thursday 1st March	Friday 2nd March
MAIN MEAL 1 st CHOICE	Chicken Goujons Sweet & Sour Dip with Rice Carrot Pepper & Cucumber Sticks	Jacket Potato Tuna Mayo Corn Cobette	Cottage Pie Green Beans & Carrots	Roast Turkey Stuffing Roast Potatoes Broccoli & Mixed Vegetables	Baked Salmon Lemon Cous Cous Peas & Sweetcorn
MAIN MEAL 2 nd CHOICE	Vegetable Biryani Chapati & Salad	Cheesy Pasta Crusty Roll Corn Cobette	Glamorgan Sausages Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf with Veg Gravy Roast Potatoes Broccoli & Mixed Vegetables	Cheese Pizza Diced Potatoes Peas & Sweetcorn
DESSERT 1 st CHOICE	Sticky Toffee Pudding & Custard	Cherry Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Fruit Mousse	Flapjack & Strawberry Milkshake
DESSERT 2 nd CHOICE	Fruit & Yoghurt	Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Fruit & Yoghurt
MAIN CHOICE					
DESSERT CHOICE					

Please enter 1, 2 or PL in the relevant boxes

(Monday 5th March to 9th March 2018)

	Monday 5th March	Tuesday 6th March	Wednesday 7th March	Thursday 8th March	Friday 9th March
MAIN MEAL 1 st CHOICE	Hot Dog Baked Beans	Cheese & Tomato Pasta Broccoli & Garlic Bread	Savoury Mince Cobbler Mashed Potato Green Beans & Carrots	Roast Beef Yorkshire Pud Roast Potatoes Mixed Veg	Breaded Fish Chips & Peas Tomato Ketchup
MAIN MEAL 2 nd CHOICE	Quorn Hot Dog Baked Beans	Meat Free Bolognese Pasta Broccoli & Garlic Bread	Quorn & Veg Paella Green Beans & Carrots	Cauliflower Cheese Roast Potatoes & Mixed Veg	Cheese & Mushroom Omelette Chips & Peas
DESSERT 1 st CHOICE	Chocolate Sponge & Chocolate Sauce	Apple Crumble & Custard	Banana Loaf	Toasted Waffle with Strawberry Sauce	Lemon Muffin
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Shortbread & Orange Juice	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					

Please enter 1, 2 or PL in the relevant boxes

(Monday 12th March to 16th March 2018)

	Monday 12th March	Tuesday 13th March	Wednesday 14th March	Thursday 15th March	Friday 16th March
MAIN MEAL 1 st CHOICE	Pork Sausages Creamed Potatoes Peas & Gravy	Pasta Bolognese Broccoli & Carrots	Hunters Chicken Vegetable Rice Green Beans	Beef Yorkshire Pudding Roast Potatoes & Mixed Veg	Fish Fingers Chips & Baked Beans
MAIN MEAL 2 nd CHOICE	Quorn Sausages Creamed Potatoes Peas & Gravy	Bean Lasagne Broccoli & Carrots	Butternut Squash & Spinach Roulade Cous Cous & Green Beans	Jacket Potato with Cheese & Baked Beans	Cheese & Red Pepper Quiche Chips & Baked Beans
DESSERT 1 st CHOICE	Bananas with Ice Cream & Chocolate Sauce	Chocolate Shortcake & Custard	Iced Sponge	Frozen Raspberry Yoghurt & Shortbread Finger	Jam Doughnut
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 19th March to 23rd March 2018)

	Monday 19th March	Tuesday 20th March	Wednesday 21st March	Thursday 22nd March	Friday 23rd March
MAIN MEAL 1 st CHOICE	Chicken Goujons Sweet & Sour Dip with Rice Carrot Pepper & Cucumber Sticks	Jacket Potato Tuna Mayo Corn Cobette	Cottage Pie Green Beans & Carrots	Roast Turkey Stuffing Roast Potatoes Broccoli & Mixed Vegetables	Baked Salmon Lemon Cous Cous Peas & Sweetcorn
MAIN MEAL 2 nd CHOICE	Vegetable Biryani Chapati & Salad	Cheesy Pasta Crusty Roll Corn Cobette	Glamorgan Sausages Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf with Veg Gravy Roast Potatoes Broccoli & Mixed Vegetables	Cheese Pizza Diced Potatoes Peas & Sweetcorn
DESSERT 1 st CHOICE	Sticky Toffee Pudding & Custard	Cherry Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Fruit Mousse	Flapjack & Strawberry Milkshake
DESSERT 2 nd CHOICE	Fruit & Yoghurt	Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Fruit & Yoghurt
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					