



# ALFORD PRIMARY SCHOOL ~ WEEKLY MENU

The cost of hot meals is as follows:~

£2.30 (1 day), £4.60 (2 days), £6.90 (3 days), £9.20 (4 days), £11.50 (5 days)

**Please ensure that you send your child's dinner money into School in a sealed envelope with their name and class written clearly on the front.**

**Please make any cheques payable to JSTC**

	<b>Monday 15<sup>th</sup> October</b>	<b>Tuesday 16<sup>th</sup> October</b>	<b>Wednesday 17<sup>th</sup> October</b>	<b>Thursday 18<sup>th</sup> October</b>	<b>Friday 19<sup>th</sup> October</b>
MAIN MEAL 1 <sup>st</sup> CHOICE	Hot Dog with Diced Potatoes Baked Beans	Chicken Breast Stuffing Mashed Potato Broccoli Carrots	Beef Meatballs in Tomato Sauce Rice Mixed Vegetables	Roast Pork Apple Sauce Roast Potatoes Green Beans Carrots	Salmon Fishcakes Lemon Cous Cous Peas
MAIN MEAL 2 <sup>nd</sup> CHOICE	Southern Style Quorn Burger in a Bun Diced Potatoes Baked Beans	Ratatouille Cottage Pie Broccoli Carrots	Vegetarian Mince Bolognese Pasta Mixed Vegetables	Glamorgan Sausage Yorkshire Pudding Roast Potatoes Green Beans Carrots	Cheese & Tomato Pizza Coleslaw Cherry Tomatoes
DESSERT 1 <sup>st</sup> CHOICE	Jam Sponge & Custard	Iced Bakewell Tart	Chocolate Brownie Orange Juice	Frozen Strawberry Yoghurt	Lemon Drizzle Cake
DESSERT 2 <sup>nd</sup> CHOICE	Yoghurt & Fresh Fruit	Fresh Fruit Salad	Cheese & Biscuits Grapes	Fresh Fruit Salad	Yoghurt & Fresh Fruit

	<b>Monday 29<sup>th</sup> October</b>	<b>Tuesday 30<sup>th</sup> October</b>	<b>Wednesday 31<sup>st</sup> October</b>	<b>Thursday 1<sup>st</sup> November</b>	<b>Friday 2<sup>nd</sup> November</b>
MAIN MEAL 1 <sup>st</sup> CHOICE	<b>SCHOOL CLOSED TODAY</b>  <b>RETURN TO SCHOOL TUESDAY 30<sup>th</sup> OCTOBER</b>	Cottage Pie Green Beans Crusty Bread	Jacket with Tuna and Salad	Cheese Burger in a Bun Potato Wedges Carrot Sticks	Seaside Special Fish (Salmon) Chips Peas
MAIN MEAL 2 <sup>nd</sup> CHOICE		Glamorgan Sausage with Mashed Potato Green Beans	Jacket Potato with Cheese & Beans	Veg Burger in a Bun Potato Wedges Carrot Sticks	Cheese Lattice Chips Peas
DESSERT 1 <sup>st</sup> CHOICE		Flapjack & Milkshake	Jam Sponge & Custard	Fruit Mousse & Shortbread Finger	Apple Crumble & Ice Cream
DESSERT 2 <sup>nd</sup> CHOICE		Fresh Fruit Salad	Yoghurt & Fresh Fruit	Fresh Fruit Salad	Yoghurt & Fresh Fruit

	<b>Monday 5<sup>th</sup> November</b>	<b>Tuesday 6<sup>th</sup> November</b>	<b>Wednesday 7<sup>th</sup> November</b>	<b>Thursday 8<sup>th</sup> November</b>	<b>Friday 9<sup>th</sup> November</b>
MAIN MEAL 1 <sup>st</sup> CHOICE	Italian Beef Meatballs with Pasta Broccoli Crusty Bread	Breaded Chicken Chunks Potato Wedges Sweetcorn	Sausage Yorkshire Pud Creamed Potatoes Peas Gravy	Roast Pork Apple Sauce Roast Potatoes Broccoli Carrots	Fish Fingers Chips Baked Beans
MAIN MEAL 2 <sup>nd</sup> CHOICE	Cheesy Pasta Crusty Bread Broccoli	Vegetable Nuggets Potato Wedges Sweetcorn	Veg Sausage Yorkshire Pud Creamed Potatoes Peas Gravy	Sweet Potato & Chickpea Curry Rice	Vegetable Fingers Chips Baked Beans
DESSERT 1 <sup>st</sup> CHOICE	Pancake & Orange Wedge	Chocolate Sponge & Chocolate Sauce	Raspberry Frozen Smoothie	Lemon Shortcake & Custard	Cupcake
DESSERT 2 <sup>nd</sup> CHOICE	Yoghurt & Fresh Fruit	Fresh Fruit Salad	Cheese & Biscuits & Grapes	Fresh Fruit Salad	Yoghurt & Fresh Fruit

	<b>Monday 12<sup>th</sup> November</b>	<b>Tuesday 13<sup>th</sup> November</b>	<b>Wednesday 14<sup>th</sup> November</b>	<b>Thursday 15<sup>th</sup> November</b>	<b>Friday 16<sup>th</sup> November</b>
MAIN MEAL 1 <sup>st</sup> CHOICE	Hot Dog Diced Potatoes Baked Beans	Sweet & Sour Pork Vegetable Rice	Chicken Breast Stuffing Creamed Potatoes Broccoli Carrots	Lasagne Garlic Bread Salad	Breaded Fish Chips Peas Ketchup
MAIN MEAL 2 <sup>nd</sup> CHOICE	Southern Style Quorn Burger in a Bun Diced Potatoes Beans	Pizza, Wedges Mixed Vegetables	Creamy Veg Pie Creamed Potatoes Broccoli Carrots	Tomato & Basil Pasta Topped Cheese Garlic Bread Salad	Cheese and Tomato Omelette Chips Peas
DESSERT 1 <sup>st</sup> CHOICE	Syrup Sponge & Custard	Flapjack & Milkshake	Banana Loaf	Jam Roly Poly & Custard	Marble Cake
DESSERT 2 <sup>nd</sup> CHOICE	Yoghurt & Fresh Fruit	Fresh Fruit Salad	Cheese & Biscuits Grapes	Fresh Salad	Yoghurt & Fresh Fruit



### DIARY DATES

**Monday 15<sup>th</sup> & Wednesday 17<sup>th</sup> October** : not 2CH on Monday

**Tuesday 16<sup>th</sup> October** : (2CH only)

**Thursday 18<sup>th</sup> October** : Deadline for deposits for Y5 & Y6 residential trip 2019

**Friday 19<sup>th</sup> October** : Last day of term

**Tuesday 30<sup>th</sup> October** : Return to School

