

**PLEASE RETURN COMPLETED  
MENUS TOMORROW MORNING**

Child's name: .....

Class: .....

## ALFORD PRIMARY SCHOOL ~ 2 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 both 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 7<sup>th</sup> January to 11<sup>th</sup> January)**

	<b>Monday 7<sup>th</sup> January</b>	<b>Tuesday 8<sup>th</sup> January</b>	<b>Wednesday 9<sup>th</sup> January</b>	<b>Thursday 10<sup>th</sup> January</b>	<b>Friday 11<sup>th</sup> January</b>
MAIN MEAL 1 <sup>st</sup> CHOICE	Chicken Burger Chips & Baked Beans	Pork Meatballs in Tomato Sauce Rice Vegetables	Beef Bolognaise Pasta Garlic Bread Sweetcorn	Roast Beef Yorkshire Pudding Mashed Potatoes Roast Parsnips Broccoli	Salmon Fishcake Potato Wedges Peas
MAIN MEAL 2 <sup>nd</sup> CHOICE	Vegetable Burger Chips & Baked Beans	Cheesy Pasta Crusty Bread Vegetables	Jacket Potato with Cheese Baked Beans	Veg Sausages Yorkshire Pudding Mashed Potatoes Roast Parsnips Broccoli	Pizza Potato Wedges Peas
DESSERT 1 <sup>st</sup> CHOICE	Jam Sponge & Custard	Lemon Shortcake & Custard	Flapjack & Strawberry Milkshake	Cherry Pie & Cream	Chocolate Brownie Box of Raisins
DESSERT 2 <sup>nd</sup> CHOICE	Fruit & Yoghurt	Fruit Salad	Yoghurt & Fruit	Fruit Salad	Yoghurt & Shortbread
MAIN CHOICE					
DESSERT CHOICE					

Please enter 1, 2 or PL in the relevant boxes

**(Monday 14<sup>th</sup> January to 18<sup>th</sup> January 2018)**

	<b>Monday 14<sup>th</sup> January</b>	<b>Tuesday 15<sup>th</sup> January</b>	<b>Wednesday 16<sup>th</sup> January</b>	<b>Thursday 17<sup>th</sup> January</b>	<b>Friday 18<sup>th</sup> January</b>
MAIN MEAL  1 <sup>st</sup> CHOICE	Sausage Yorkshire Pudding Mashed Potato Broccoli & Carrots	Cheese & Tomato Pasta Garlic Bread Salad	Steak Pie Mashed Potato Cabbage & Mixed Veg	Roast Chicken Stuffing Roast Potatoes Broccoli & Sweetcorn	Breaded Fish Chips & Baked Beans
MAIN MEAL  2 <sup>nd</sup> CHOICE	Vegetable Curry Rice Broccoli & Carrots	BBQ Quorn Quesadilla Jacket Potato Salad	Winter Vegetable Cobbler Mashed Potato Cabbage & Carrots	Cheese & Red Pepper Omelette Diced Potatoes Sweetcorn	Cheese & Tomato Quiche Chips & Baked Beans
DESSERT  1 <sup>st</sup> CHOICE	Apple Sponge & Custard	Syrup Sponge & Custard	Jam Shortcake Square & Custard	Flapjack & Banana Milkshake	Chocolate Mousse
DESSERT 2 <sup>nd</sup> CHOICE	Fruit & Yoghurt	Fruit Salad	Fruit & Yoghurt	Fruit Salad	Fruit & Yoghurt
MAIN CHOICE					
DESSERT CHOICE					
<b>Please enter 1, 2 or PL in the relevant boxes</b>					