

**PLEASE RETURN COMPLETED
MENUS TOMORROW MORNING**

Child's name:

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Class:

ALFORD PRIMARY SCHOOL ~ 6 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 6 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 1st April 2019 to 5th April 2019)

	Monday 1st April	Tuesday 2nd April	Wednesday 3rd April	Thursday 4th April	Friday 5th April
MAIN MEAL 1 st CHOICE	Hot Dog Herby Potatoes Baked Beans	Cheese & Tomato Pasta Broccoli & Garlic Bread	Savoury Mince Yorkshire Pudding Mashed Potato Green Beans & Carrots	Roast Pork Apple Sauce Roast Potatoes Broccoli & Mixed Vegetables	Breaded Fish Chips & Peas Tomato Ketchup
MAIN MEAL 2 nd CHOICE	Quorn Hot Dog Herby Potatoes Baked Beans	Meat Free Bolognaise Pasta Broccoli & Garlic Bread	Loaded Potato Skins with Cheese & Spring Onion Coleslaw	Spiced & Roasted Cauliflower Chick Peas & Butternut Squash Roast Potatoes & Mixed Veg	Cheese & Mushroom Omelette Chips & Peas
DESSERT 1 st CHOICE	Chocolate Sponge & Chocolate Sauce	Apple Crumble & Custard	Banana Loaf	Toasted Waffle Strawberry Sauce & Ice Cream	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					

(Tuesday 23rd April 2019 to 26th April 2019)

	Monday 22nd April	Tuesday 23rd April	Wednesday 24th April	Thursday 25th April	Friday 26th April
MAIN MEAL 1 st CHOICE	<p align="center">NO SCHOOL EASTER MONDAY</p> 	Jacket Potato Tuna Mayo Corn Cobette	Cottage Pie Green Beans & Carrots	Roast Turkey Stuffing Roast Potatoes Broccoli & Mixed Vegetables	Salmon Fish Fingers Cous Cous Peas & Sweetcorn Ketchup
MAIN MEAL 2 nd CHOICE		Jacket Potato Cheese & Baked Beans Corn Cobette	Quorn Sausages Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf Veg Gravy Roast Potatoes Broccoli & Mixed Vegetables	Cheese Pizza Diced Potatoes Peas & Sweetcorn
DESSERT 1 st CHOICE		Apple Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Lemon Love Cake & Custard	Oat Cookie & Box of Raisins
DESSERT 2 nd CHOICE		Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 29th April to 3rd May 2019)

	Monday 29th April	Tuesday 30th April	Wednesday 1st May	Thursday 2nd May	Friday 3rd May
MAIN MEAL 1 st CHOICE	Hot Dog Herby Potatoes & Baked Beans	Beef Lasagne Garlic Bread Broccoli	Chicken Breast Stuffing Creamed Potatoes Green Beans & Carrots Gravy	Roast Beef Yorkshire Pudding Roast Potatoes Mixed Vegetables	Breaded Fish Chips Peas & Ketchup
MAIN MEAL 2 nd CHOICE	Quorn Hot Dog Herby Potatoes & Baked Beans	Meat Free Bolognese Pasta Broccoli	Vegetable Paella Green Beans & Carrots	Cauliflower Cheese Roast Potatoes Mixed Vegetables	Cheese & Tomato Quiche Chips & Peas
DESSERT 1 st CHOICE	Chocolate Sponge & Chocolate Sauce	Frozen Yoghurt	Carrot Cake	Apple Crumble & Custard	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					

(Tuesday 7th May to 10th May 2019)

	Monday 6th May	Tuesday 7th May	Wednesday 8th May	Thursday 9th May	Friday 10th May
MAIN MEAL 1 st CHOICE	NO SCHOOL MAY DAY	Pasta Bolognaise Broccoli Carrots & Garlic Bread	Roast Pork Apple Sauce New Potatoes Green Beans Carrots & Swede	Breaded Chicken Pieces with Sweet & Sour Dip Vegetable Rice	Fish Fingers Chips Baked Beans
MAIN MEAL 2 nd CHOICE		Bean Lasagne Broccoli Carrots & Garlic Bread	Cheese & Tomato Omelette New Potatoes & Salad Bowl	Quorn Strip & Vegetable Stir Fry Vegetable Rice	Cheese & Red Pepper Quiche Chips & Baked Beans
DESSERT 1 st CHOICE		Chocolate Shortcake & Custard	Iced Sponge	Apple & Blackberry Sponge & Custard	Fruit Jelly & Ice Cream
DESSERT 2 nd CHOICE		Fruit Salad	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Flapjack
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 13th May to 17th May 2019)

	Monday 13th May	Tuesday 14th May	Wednesday 15th May	Thursday 16th May	Friday 17th May
MAIN MEAL 1 st CHOICE	Chicken Burger In a Bun Diced Potatoes Salad	Jacket Potato Tuna Mayo Corn Cobette	Cottage Pie Green Beans & Carrots	Roast Turkey Stuffing Roast Potatoes Broccoli & Mixed Vegetables	Salmon Fish Fingers Cous Cous Peas & Sweetcorn Ketchup
MAIN MEAL 2 nd CHOICE	Tomato Pepper & Lentil Pasta Herb Bread Salad	Jacket Potato Cheese & Baked Beans Corn Cobette	Quorn Sausages Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf Veg Gravy Roast Potatoes Broccoli & Mixed Vegetables	Cheese Pizza Diced Potatoes Peas & Sweetcorn
DESSERT 1 st CHOICE	Sticky Toffee Pudding & Custard	Apple Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Lemon Love Cake & Custard	Oat Cookie & Box of Raisins
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 20th May to 24th May 2019)

	Monday 20th May	Tuesday 21st May	Wednesday 22nd May	Thursday 23rd May	Friday 24th May
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MAIN MEAL 1 st CHOICE	Hot Dog Herby Potatoes & Baked Beans	Beef Lasagne Garlic Bread Broccoli	Chicken Breast Stuffing Creamed Potatoes Green Beans & Carrots Gravy	Roast Beef Yorkshire Pudding Roast Potatoes Mixed Vegetables	Breaded Fish Chips Peas & Ketchup
MAIN MEAL 2 nd CHOICE	Quorn Hot Dog Herby Potatoes & Baked Beans	Meat Free Bolognaise Pasta Broccoli	Vegetable Paella Green Beans & Carrots	Cauliflower Cheese Roast Potatoes Mixed Vegetables	Cheese & Tomato Quiche Chips & Peas
DESSERT 1 st CHOICE	Chocolate Sponge & Chocolate Sauce	Frozen Yoghurt	Carrot Cake	Apple Crumble & Custard	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