

PLEASE RETURN COMPLETED MENUS AS SOON AS POSSIBLE

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 enter 'PL' in the space provided.

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 3rd February to 7th February 2020)

	Monday 3rd February	Tuesday 4th February	Wednesday 5th February	Thursday 6th February	Friday 7th February
MAIN MEAL 1st CHOICE	Meatballs with Pasta Broccoli Crusty Bread	Breaded Chicken Chunks Potato Wedges Sweetcorn	Sausage Yorkshire Pudding Creamed Potatoes Peas & Gravy	Roast Pork Apple Sauce Roast Potatoes Broccoli & Carrots	Fish Fingers Chips & Baked Beans
MAIN MEAL 2nd CHOICE	Cheesy Pasta Crusty Bread Broccoli	Vegetable Nuggets Potato Wedges Sweetcorn	Veg Sausage & Yorkshire Pudding Creamed Potatoes Peas & Gravy	Sweet Potato & Chickpea Curry With Rice	Vegetable Fingers Chips & Baked Beans
DESSERT 1st CHOICE	Pancake Orange Wedge	Chocolate Sponge & Chocolate Sauce	Raspberry Frozen Smoothie	Lemon Shortcake & Custard	Cupcake
DESSERT 2nd CHOICE	Yoghurt Fresh Fruit	Fresh Fruit Salad	Cheese Biscuits & Grapes	Fresh Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT CHOICE					

Please enter 1, 2 or PL in the relevant boxes

(Monday 10th February to 13th February 2020)

	Monday 10th February	Tuesday 11th February	Wednesday 12th February	Thursday 13th February	Friday 14th February
MAIN MEAL 1st CHOICE	Hot Dog Diced Potatoes Beans	Sweet & Sour Pork & Vegetable Rice	Chicken Breast Stuffing Creamed Potatoes Broccoli & Carrots	Lasagne Garlic Bread & Salad	NO SCHOOL
MAIN MEAL 2nd CHOICE	Southern Style Quorn Burger in a Bun with Diced Potatoes & Beans	Pizza Wedges & Mixed Veg	Creamy Veg Pie Mashed Potatoes Broccoli & Carrots	Tomato & Basil Pasta topped with cheese Garlic Bread & Salad	
DESSERT 1st CHOICE	Syrup Sponge & Custard	Flapjack & Milkshake	Banana Loaf	Jam Roly Poly & Custard	
DESSERT 2nd CHOICE	Yoghurt & Fresh Fruit	Fresh Fruit Salad	Cheese Biscuits & Grapes	Fresh Fruit Salad	
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 24th February to 28th February 2020)

	Monday 24th February	Tuesday 25th February	Wednesday 26th February	Thursday 27th February	Friday 28th February
MAIN MEAL 1st CHOICE	Chicken Burger Chips & Baked Beans	Pork Meatballs Tomato Sauce Rice & Vegetables	Beef Bolognaise Pasta Garlic Bread Sweetcorn	Roast Beef Yorkshire Pudding Mashed Potato Roast Parsnips & Broccoli	Salmon Fishcake Potato Wedges Peas
MAIN MEAL 2nd CHOICE	Veg Burger Chips & Baked Beans	Cheesy Pasta Crusty Bread Mixed Vegetables	Jacket Potato Cheese & Baked Beans	Veg Sausages Yorkshire Pudding Mashed Potato Roast Parsnips & Broccoli	Pizza Potato Wedges Peas
DESSERT 1st CHOICE	Jam Sponge & Custard	Lemon Shortcake & Custard	Flapjack & Strawberry Milkshake	Cherry Pie & Cream	Chocolate Brownie & Box of Raisins
DESSERT 2nd CHOICE	Fruit & Yoghurt	Fruit Salad	Yoghurt & Fruit	Fruit Salad	Yoghurt & Shortcake
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 2nd March to 6th March 2020)

	Monday 2nd March	Tuesday 3rd March	Wednesday 4th March	Thursday 5th March	Friday 6th March
MAIN MEAL 1st CHOICE	Sausage Yorkshire Pudding Mashed Potato Broccoli & Carrots	Cheese & Tomato Pasta Garlic Bread & Salad	Steak Pie Mashed Potatoes Cabbage & Mixed Veg	Roast Chicken Stuffing Roast Potatoes Broccoli & Sweetcorn	Breaded Fish Bread Bun & Salad
MAIN MEAL 2nd CHOICE	Vegetable Curry Rice Broccoli & Carrots	BBQ Quorn Quesadilla Jacket Potato & Salad	Winter Vegetable Cobbler with Mashed Potatoes Cabbage & Carrots	Cheese & Red Pepper Omelette Diced Potatoes & Sweetcorn	Cheese & Tomato Quiche & Salad
DESSERT 1st CHOICE	Apple Sponge & Custard	Syrup Sponge & Custard	Flapjack & Banana Milkshake	Jam Shortcake Square & Custard	Chocolate Mousse
DESSERT 2nd CHOICE	Fruit & Yoghurt	Fruit Salad	Fruit & Yoghurt	Fruit Salad	Fruit & Yoghurt
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 9th March to 13th March 2020)

	Monday 9th March	Tuesday 10th March	Wednesday 11th March	Thursday 12th March	Friday 13th March
MAIN MEAL 1st CHOICE	Chicken in a Creamy Mushroom Sauce with Rice & Mixed Veg	Beef Lasagne Crusty Bread Sweetcorn	Roast Pork Apple Sauce Roast Potatoes Broccoli & Carrots	Minced Beef Pie Mashed Potatoes Green Beans	Breaded Fish Chips Peas & Ketchup
MAIN MEAL 2nd CHOICE	Quorn Balls in Tomato Sauce Rice & Mixed Veg	Vegetarian Lasagne Crusty Bread Sweetcorn	Quorn Sausages Yorkshire Pudding Roast Potatoes Broccoli & Carrots	Veg Cottage Pie Green Beans	Veg Burger Chips Peas & Ketchup
DESSERT 1st CHOICE	Lemon Sponge & Custard	Apple Crumble & Custard	Apple Crumble & Custard	Cherry Shortcake & Custard	Fruit Smoothie & Shortbread
DESSERT 2nd CHOICE	Yoghurt & Fruit	Fruit Salad	Yoghurt & Fruit	Cheese & Biscuits Fruit	Yoghurt & Fruit
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					