

Week 1

(Monday 6th June to Friday 10th June 2022)

	Monday 6th June	Tuesday 7th June	Wednesday 8th June	Thursday 9th June	Friday 10th June
MAIN MEAL 1st CHOICE	Breaded Chicken Burger Diced Potatoes Corn Cobette	Creamy Mild Chicken Curry Vegetable Rice	Bolognaise Pasta Garlic Bread Green Beans	Roast Turkey Stuffing Roast Potatoes Broccoli, Carrots & Gravy	Fish Fingers Chips Peas & Ketchup
MAIN MEAL 2nd CHOICE	Cheese & Tomato Quiche Diced Potatoes Corn Cobette	Tomato & Basil Pasta Crusty Bread Mixed Vegetables	Summer Veg Lasagne Garlic Bread Green Beans	Quorn Sausage Casserole Roast Potatoes Broccoli & Carrots	Cheesy Potato Pie Chips & Peas
DESSERT	Chocolate Muffin Fresh Fruit	Gingerbread Person Fresh Fruit	Flapjack Apple Juice	Oat Cookie Box of Raisins	Fruit Jelly & Ice Cream

Alford Primary School is a Nut-Free School so please ensure that any food in your child's packed lunch DOES NOT CONTAIN ANY NUTS and food is prepared in a nut free environment.

Week 2

(Monday 13th June to Friday 17th June 2022)

	Monday 13th June	Tuesday 14th June	Wednesday 15th June	Thursday 16th June	Friday 17th June
MAIN MEAL 1st CHOICE	Hot Dog Diced Potato Baked Beans	Sweet & Sour Pork Vegetable Rice	Chicken Breast Stuffing Creamed Potatoes Broccoli & Carrots	Lasagne Garlic Bread Salad	Fishcakes Sauté Potatoes Peas
MAIN MEAL 2nd CHOICE	Southern Style Quorn Burger in a Bun Diced Potatoes Baked Beans	Quorn Balls in Tomato & Basil Sauce Vegetable Rice	Creamy Veg Pie Creamed Potatoes Broccoli & Carrots	Cheesy Pasta Garlic Bread Salad	Cheese & Tomato Quiche Sauté Potatoes Peas
DESSERT	Chocolate Cookie Fresh Fruit	Flapjack & Milkshake	Banana Loaf	Iced Bakewell Tart Fresh Fruit	Fruit and Ice Cream

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Week 3

(Monday 20th June to Friday 24th June 2022)

	Monday 20th June	Tuesday 21st June	Wednesday 22nd June	Thursday 23rd June	Friday 24th June
MAIN MEAL 1st CHOICE	Breaded Chicken Chunk & Veg Wrap Sweetcorn	Italian Beef Meatballs Pasta Broccoli Crusty Bread	Roast Pork Apple Sauce Roast Potatoes Broccoli & Carrots	Hunters Chicken Rice Broccoli	Fish Fingers Chips & Baked Beans
MAIN MEAL 2nd CHOICE	Vegetable Nugget & Veg Wrap Sweetcorn	Cheesy Pasta Crusty Bread Broccoli	Sweet Potato & Chickpea Curry Rice	Quorn & Veg Stir Fry Rice & Broccoli	Vegetable Fingers Chips & Baked Beans
DESSERT	Yoghurt Fresh Fruit	Oat Cookie Fresh Fruit	Raspberry Frozen Smoothie	Shortbread Biscuit Fresh Fruit	Lemon Cupcake

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Week 4

(Monday 27th June to Friday 1st July 2022)

	Monday 27th June	Tuesday 28th June	Wednesday 29th June	Thursday 30th June	Friday 1st July
MAIN MEAL 1st CHOICE	Sausage Yorkshire Pudding Creamed Potatoes Peas & Gravy	Cottage Pie Green Beans Crusty Bread	Breaded Chicken Pieces Sweet & Sour Sauce Vegetable Rice	Roast Ham Roast Potatoes Mixed Veg Gravy	Salmon Fish & Chips Peas
MAIN MEAL 2nd CHOICE	Glamorgan Sausage Creamed Potatoes Peas & Gravy	Veg Cottage Pie Green Beans Crusty Bread	Quorn & Veg Stir Fry Vegetable Rice	Veg Cobbler Roast Potatoes Mixed Veg	Cheese Lattice Chips & Peas
DESSERT	Jam Doughnut	Flapjack Fresh Fruit	Chocolate Cake Fresh Fruit	Fruit Mousse Shortbread Finger	Fruit Jelly & Ice Cream

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Week 5

(Monday 4th July to Friday 8th July 2022)

	Monday 4th July	Tuesday 5th July	Wednesday 6th July	Thursday 7th July	Friday 8th July
MAIN MEAL 1st CHOICE	Chicken Burger Chips Baked Beans	Pork Meatballs Tomato Sauce Rice Vegetables	Roast Beef Yorkshire Pudding Creamed Potatoes Roast Parsnips & Broccoli	Beef Bolognaise Pasta Garlic Bread Sweetcorn	Fishcake Potato Wedges Peas
MAIN MEAL 2nd CHOICE	Vegetable Burger Chips Baked Beans	Cheesy Pasta Crusty Bread Mixed Vegetables	Veg Sausages Yorkshire Pudding Creamed Potatoes Parsnips & Broccoli	Quorn Chilli Rice Sweetcorn	Pizza Potato Wedges Peas
DESSERT	Gingerbread Person Fresh Fruit	Cookie & Strawberry Milkshake	Iced Cake Fresh Fruit	Ice Cream Fresh Fruit	Chocolate Brownie Box of Raisins

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Week 6

(Monday 11th July to Friday 15th July 2022)

	Monday 11th July	Tuesday 12th July	Wednesday 13th July	Thursday 14th July	Friday 15th July
MAIN MEAL 1st CHOICE	Sausage Yorkshire Pudding Creamed Potato Broccoli & Carrots	Cheese & Tomato Pasta Garlic Bread Salad	Steak Pie Creamed Potatoes Cabbage & Mixed Veg	Roast Chicken Stuffing Roast Potatoes Broccoli & Sweetcorn	Breaded Fish Chips & Peas
MAIN MEAL 2nd CHOICE	Mexican Rice (Not spicy) Quorn Sausages Broccoli & Carrots	BBQ Quorn Quesadilla Jacket Potato & Salad	Winter Vegetable Cobbler with Creamed Potatoes Cabbage & Carrots	Cheese & Red Pepper Omelette Roast Potatoes Sweetcorn	Cheese & Tomato Quiche Chips & Peas
DESSERT	Yoghurt Fresh Fruit	Fruit Jelly	Flapjack & Banana Milkshake	Frozen Fruit Smoothie	Chocolate Mousse Shortbread

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Week 7

(Monday 18th July 2022 to Friday 22nd July 2022)

	Monday 18th July	Tuesday 19th July	Wednesday 20th July	Thursday 21st July	Friday 22nd July
MAIN MEAL 1st CHOICE	Chicken & Pepperoni in a tomato sauce Rice Mixed Vegetables	Beef Lasagne Crusty Bread Sweetcorn	Roast Pork Apple Sauce Roast Potatoes Broccoli & Carrots	Hunters Chicken Rice Mixed Veg	Fish Fingers Chips Peas Ketchup
MAIN MEAL 2nd CHOICE	Quorn Balls in Sweet & Sour Sauce Rice & Mixed Veg	Vegetarian Lasagne Crusty Bread Sweetcorn	Sweet Potato & Chickpea Curry With Rice	Quorn & Veg Stir Fry Rice Mixed Veg	Quorn Dippers Chips Peas Ketchup
DESSERT	Chocolate Cookie Fresh Fruit	Iced Cake	Raspberry Frozen Smoothie	Lemon Shortcake & Custard	Assorted Ice Lollies

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