


Week 1 (Monday 4th September 2023 to Friday 8th September 2023)

	Monday 4 th September	Tuesday 5 th September	Wednesday 6 th September	Thursday 7 th September	Friday 8 th September
Main Meal 1st Choice	NO SCHOOL SUMMER HOLIDAYS BACK ON WEDNESDAY 8TH SEPTEMBER 		Roast Turkey & Stuffing Roast Potatoes Broccoli Carrots & Gravy	Mild Chicken & Green Bean Curry Rice Mixed Vegetables	Fish Fingers Chips Peas & Ketchup
Main Meal 2nd Choice			Quorn Sausage Casserole Roast Potatoes Broccoli & Carrots	Tomato & Basil Pasta Meat free Meatballs Crusty Bread Mixed Vegetables	Cheesy Potato Pie Chips & Peas
Dessert			Fruit Jelly & Ice Cream	Apple Sponge Pudding With Custard	Banana Muffin
Diary Dates					

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 11th September 2023 to Friday 15th September 2023)

	Monday 11 th Sept	Tuesday 12 th Sept	Wednesday 13 th Sept	Thursday 14 th Sept	Friday 15 th Sept
Main Meal 1st Choice	Pork Sausages Mashed Potato Carrots & Gravy	Ham & Cheese Pasta Crusty Bread Sweetcorn	Roast Beef Yorkshire Pudding Roast Potatoes Mixed Veg	Cheese & Tomato Pizza New Potatoes Baked Beans	Breaded Fish & Chips Peas Ketchup
Main Meal 2nd Choice	Vegetarian Sausages Mashed Potato Carrots & Gravy	Lentil Spaghetti Bolognese Crusty Bread Sweetcorn	Quorn Sausage & Veg Pie Roast Potatoes & Mixed Veg	Cauliflower & Chickpea Korma Rice Mixed Vegetables	Vegetable Omelette Chips Peas Ketchup
Dessert	Cheese & Biscuits	Peach & Pear Fruit Pots	Rice Pudding with Peaches	Mandarin Jelly	Chocolate Cookie & Milkshake
Diary Dates				Year 4 – Trip – Packed Lunch Required	

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Week 3 (Monday 18th September 2023 to Friday 22nd September 2023)

	Monday 18th Sept	Tuesday 19th Sept	Wednesday 20th Sept	Thursday 21st Sept	Friday 22nd Sept
Main Meal 1st Choice	Breaded Chicken Burger Chips Baked Beans	Fruity Caribbean Chicken Curry Rice Mixed Vegetables Naan Bread	Roast Pork Roast Potatoes Medley of Vegetables Gravy	Pasta Bolognaise Seasonal Veg Crusty Roll	Oven baked Fisherman's Pie topped with mashed potato Sweetcorn Crusty Roll
Main Meal 2nd Choice	Crispy Vegetable Burger Chips & Baked Beans	Quorn Nuggets Ketchup Rice Mixed Vegetables	Roast Vegan Fillet Roast Potatoes Medley of Vegetables Gravy	Mixed Bean Tomato Pasta bake Seasonal Veg Crusty Roll	Cauliflower Cheese New Potatoes Sweetcorn
Dessert	Fruit Yoghurt	Chocolate Brownie & Custard	Apricot Flapjack Cold Milk	Oaty Peach Crumble Custard	Mandarin Jelly & Ice Cream
Diary Dates					

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Week 4

(Monday 25th September 2023 to Friday 29th September 2023)

	Monday 25th Sept	Tuesday 26th Sept	Wednesday 27th Sept	Thursday 28th Sept	Friday 29th Sept
Main Meal 1st Choice	Pork Sausages Mashed Potatoes Peas & Gravy	Beef Lasagne New Potatoes Salad Italian Bread	Roast Ham Roast Potatoes Mixed Veg Gravy	Chicken & Veg Curry Rice Sweetcorn Crusty Roll	Baked Fish Finger Chips Baked Beans
Main Meal 2nd Choice	Vegetable Sausages Mashed Potatoes Peas & Gravy	Roasted Pepper & Mixed Bean Tortillas Salad	Vegetable & Cheese Quiche Roast Potatoes Mixed Veg	Oven Baked Quorn Nuggets New Potatoes Sweetcorn Ketchup	Cheese & Tomato Omelette Chips Baked Beans
Dessert	Cheese & Biscuits Apple	Rice Pudding & Banana	Carrot Cake	Apple Sponge & Custard	Date & Chocolate Cookie Cold Milk
Diary Dates		3SW – Brackenhurst Education Centre Trip – Packed Lunch Required	3K – Brackenhurst Education Centre Trip – Packed Lunch Required		

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Week 5 (Monday 2nd October 2023 to Friday 6th October 2023)

	Monday 2nd October	Tuesday 3rd October	Wednesday 4th October	Thursday 5th October	Friday 6th October
Main Meal 1st Choice	Margherita Pizza New Potatoes Baked Beans	Chicken Meatballs Tomato & Basil Sauce Rice Sweetcorn Crusty Roll	Roast Chicken Roast Potatoes Mixed Veg Gravy	Savoury Mince Mashed Potatoes Green Beans Cauliflower	Breaded Fish & Chips Peas Ketchup
Main Meal 2nd Choice	Macaroni Cheese Baby Carrots Crusty Roll	Vegan Meatballs Tomato & Basil Sauce Rice Sweetcorn Crusty Rolls	Cheese & Bean Pie Roast Potatoes Mixed Veg Gravy	Vegan Sausages Mashed Potatoes Green Beans Cauliflower	Vegetable Lasagne Chips Peas Italian Bread
Dessert	Fruit Yoghurt	Oaty Apple Crumble Custard	Cherry Flapjack	Pear & Chocolate Sponge Custard	Fruit Jelly & Ice Cream
Diary Dates			Y5 West Stow Trip – Packed Lunch required		

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Week 6 (Monday 9th October 2023 to Friday 13th October 2023)

	Monday 9th October	Tuesday 10th October	Wednesday 11th October	Thursday 12th October	Friday 13th October
Main Meal 1st Choice	Sweet n Sour Chicken Rice & Vegetables	Italian Beef Meatballs Pasta Broccoli & Crusty Bread	Roast Pork & Apple Sauce Roast Potatoes Broccoli & Carrots	Hunters Chicken Mashed Potato & Mixed Veg	Salmon Fish Fingers Chips Baked Beans
Main Meal 2nd Choice	Potato Pea & Spinach Frittata Mixed Vegetables	Sweet Potato & Chickpea, Green Bean Korma with Rice & Naan Bread	Cheesy Pasta Broccoli & Crusty Bread	Quorn & Veg Stir- Fry Rice & Mixed Vegetables	Quorn Nuggets Chips & Baked Beans
Dessert	Fruit Bread & Cheese	Peach & Pear Fruit Pots	Cherry Semolina Shortbread & Banana	Chocolate & Pear Sponge & Custard	Apple & Cinnamon Muffin & Milkshake
Diary Dates					

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Week 7 (Monday 16th October 2023 to Friday 20th October 2023)

	Monday 16th October	Tuesday 17th October	Wednesday 18th October	Thursday 19th October	Friday 20th October
Main Meal 1st Choice	Jacket Potato Tuna Mayonnaise & Coleslaw	Bolognese Pasta Crusty Roll Green Beans	Roast Turkey & Stuffing Roast Potatoes Broccoli Carrots & Gravy	Mild Chicken & Green Bean Curry Rice Mixed Vegetables	Fish Fingers Chips Peas & Ketchup
Main Meal 2nd Choice	Jacket Potato Cheese & Beans Coleslaw	Vegetable & Lentil Pasta Bake Crusty Roll Green Beans	Quorn Sausage Casserole Roast Potatoes Broccoli & Carrots	Tomato & Basil Pasta Meat free Meatballs Crusty Bread Mixed Vegetables	Cheesy Potato Pie Chips & Peas
Dessert	Oat & Raisin Cookie Satsuma	Pineapple Upside Down Cake with Custard	Fruit Jelly & Ice Cream	Apple Sponge Pudding With Custard	Banana Muffin
Diary Dates					

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