

PRIMARY MENUS from September 2018 to July 2019 Birkwood Primary

Week commencing – 3/9/18, 24/9/18, 15/10/18, 12/11/18, 3/12/18, 7/1/19, 28/1/19, 25/2/19, 18/3/19, 8/4/19, 13/5/19, 10/6/19, 1/7/19, 22/7/19

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	All Day Breakfast; Bacon, Sausage, Hash Brown, Scrambled Egg & ½ Sliced Bread	Lasagne or Spaghetti Bolognaise Crusty Roll	Roast Pork & Apple Sauce with Yorkshire Pudding & Creamed Potatoes	Chicken Curry, Rice & Naan Bread	Fish Fingers Chips
Vegetarian Option	Pasta In Tomato Sauce Served with Crusty Roll and Side Salad	Quorn Sausage Jacket Wedges	Vegetarian Burger	Pasta In Tomato Sauce Served with Crusty Roll and Side Salad	Pasta In Tomato Sauce Served with Crusty Roll and Side Salad
Accompaniments	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Cauliflower & Green Beans or Salad & Sweetcorn	Garden Peas or Beetroot Parsley or Tomato Sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Arctic Roll	Cheesecake with Fruit	Iced Cherry Bakewell	Chocolate Sponge with Chocolate Sauce	Lemon Shortcake with Custard
Daily Selection of Desserts	Fruit Flapjack, Yoghurts, Fresh Fruit Selection	Homemade Cookies, Yoghurts, Fresh Fruit Selection	Yoghurts, Fresh Fruit Selection	Raspberry Ripple Ice Cream, Yoghurts, Fresh Fruit Selection	Victoria Cake slice & Fruit Wedge, Yoghurts, Fresh Fruit Selection
Filled Jacket Potatoes / Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.

No cheese on MON & Tues

PRIMARY MENUS From September 2018 to July 2019 Birkwood Primary

Week Commencing – 10/9/18, 1/10/18, 22/10/18, 19/11/18, 10/12/18, 14/1/19, 4/2/19, 4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Pizza Slice (1/6)	Homemade Pork Pie & Roast Potatoes, Mint Sauce	Roast Turkey with Stuffing, Creamed Potatoes	2 Sausages with Homemade Yorkshire Pudding, Creamed Potatoes	Fish Cake Or Salmon Fishcake Chips ½ Slice Bread
Vegetarian Option	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad	Quorn Meat Balls Tomato Sauce with Spaghetti & Crusty Roll	Vegetarian Burger	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad
Accompaniments	Baked Beans Coleslaw Green Salad	Sliced Carrots Mushy/Garden Peas Gravy	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas Baton Carrots Tomato Sauce or Parsley sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Toffee Apple Sponge with Custard	Rice Pudding with Fruit	Frosted Chocolate Brownie	Arctic Roll	Jam Roly Poly with Custard
Daily Selection of Desserts	Sweet Pancake or Waffle with Sliced Banana or Berries & Ice Cream & Toffee Sauce, Yoghurts, Fresh Fruit Selection	Butterfly Buns Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Raspberry Bun, Yoghurts, Fresh Fruit Selection	Jelly and Ice Cream, Yoghurts, Fresh Fruit Selection
Filled Jacket Potatoes/ Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of breads

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No cheese on on Thursday

PRIMARY MENUS From September 2018 to July 2019 Birkwood Primary

Week Commencing – 17/9/18, 8/10/18, 5/11/18, 26/11/18, 17/12/18, 21/1/19, 11/2/19, 11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Southern Style Burger In Wholemeal Bread Cake Chips	Beef Strips In Gravy Yorkshire Pudding Creamed Potatoes	Roast Gammon & Pineapple with Garlic & Herb Potatoes	Butchers Pork Sausage in a Finger Roll Homemade Jacket Wedges	Battered Cod Creamed Potatoes
Vegetarian Option	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad	Quorn Sausage with Gravy	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad	Vegetarian Pizza $\frac{1}{6}$	Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad
Accompaniments	Green Salad & Coleslaw Salad Cream	Garden Peas Sweetcorn	Baton Carrots Broccoli/Cauliflower Flourets with Cheese Sauce	Baked Beans Braised Onions	Garden Peas Sliced Carrots Parsley Sauce or Tomato Sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Homemade Chocolate Sponge with Chocolate Sauce	Jelly & Ice Cream	Iced Cake Slice with Fruit Wedges	Banoffee Pie	Homemade Syrup Sponge with Custard
Daily Selection of Desserts	Fruit Flapjack Yoghurts Fresh Fruit Selection.	Homemade Cookies Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Muffins Yoghurts Fresh Fruit Selection	Caramel Slice Yoghurts Fresh Fruit Selection
Filled Jacket Potatoes/ Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings &	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

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No cheese on Mon & ~~Wed~~ Thurs.