

PRIMARY MENUS from September 2019 to July 2020 - Birkwood

Week Com:02/09/2019,16/09/19,30/09/19,14/10/19,04/11/19,18/11/19,02/12/19,16/12/19,13/01/20,27/01/20,10/02/20,02/03/20,16/03/20,30/03/20,27/04/20,11/05/20,25/05/20,08/06/20,22/06/20,06/07/20,20/07/20

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|---|
| Traditional Meal of the Day | British Pork Frankfurter Hot Dog Bread Roll Chips | Beef Strips in Gravy Yorkshire Pudding Creamed Potatoes | Roast Chicken With Stuffing Creamed Potatoes | All Day Breakfast. Selection of Breakfast Items. | Fish <i>fingers</i> Creamed Potatoes (Salmon Fish Finger available) |
| Vegetarian Option | Homemade Spicy Pizza | Quorn Curry Rice and Nann | Oven Baked Quorn Sausage or Quorn Fillet | Homemade Quiche | Pasta Twists in a Homemade Tomato Sauce with Crusty Roll and Side Salad |
| Accompaniments Seasonal Veg | Sweetcorn Garden Peas Tomato Sauce | Broccoli Carrots | Cauliflower Green Beans Gravy | Baked Beans Mushrooms | Garden Peas Beetroot Parsley Sauce |
| Salad Bar Selection And Bread Selection | Daily Selection of Salad Items Daily Bread Selection | Daily Selection of Salad Items Daily Bread Selection | Daily Selection of Salad Items Daily Bread Selection | Daily Selection of Salad Items Daily Bread Selection | Daily Selection of Salad Items Daily Bread Selection |
| 2nd Course | Cookie (HM) and Fruit Wedge | Fruit Crumble (HM) with Custard | Chocolate Sponge (HM) Chocolate Sauce | Artic Roll | Raspberry Bun (HM) |
| Daily Selection | Fruit Yoghurt Iced Fruit Sorbet Fresh Fruit Selection | Oaty Fruit Flapjack (HM) Fresh Fruit Selection | Homemade Humus with Veg Sticks and Pitta Fresh Fruit Selection | Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection | Fruity Friday Fresh Fruit Selection |
| Filled Jacket Potato or Pasta Dish or Savoury Tray | Jacket Potato with Hot or Cold Filling (V) | Filled Taco <i>curry filling</i> | Hot Roast Bap | Breakfast Muffin <i>Egg, sausage + cheese</i> | Jumbo Fish Finger Roll |

All meals are freshly cooked in the schools own kitchen.

All meat is fresh and UK sourced from farms within the region.

All homemade desserts have a reduced sugar content. (HM)

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.

Water is available each day.

We use seasonal fruits & vegetables. As well as vegetarian meal of the day, a vegetarian alternative is available. (V)

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Week Commencing:

09/09/19,23/09/19,07/10/19,21/10/19,11/11/19,25/11/19,09/12/19,06/01/20,20/01/20,03/02/20,24/02/20,09/03/20,23/03/20,20/04/20,04/05/20,18/05/20,01/06/20,15/06/20,29/06/20,13/07/20

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|--|
| Traditional Meal of the Day | Homemade Pizza Slice | Homemade Meat Pie (Mince Pork) Roast Potatoes, | Roast Gammon with Pineapple Creamed Potatoes | British Oven Baked Pork Sausage Yorkshire Pudding Creamed Potato | Fish cake Chips ½ Bread Slice (Salmon alternative available) |
| Vegetarian Option | Quorn Meatballs & Rice | Southern Style Burger In Wholemeal Bread roll | Macaroni Cheese and Crusty Roll or Quorn Fillet | Quorn & Vegetable Pie. | Penne Pasta In Homemade Tomato Sauce with Crusty Roll and Side Salad |
| Accompaniments Seasonal Veg | Baked Beans Coleslaw Green Salad | Sliced Carrots Mushy/Garden Peas Gravy Mint Sauce | Broccoli Sweetcorn Cheese Sauce | Cauliflower Savoy Cabbage Gravy | Garden Peas Baton Carrots Tomato Sauce |
| Salad Bar Selection Bread Selection | Selection of Salad Items Bread Selection | Selection of Salad Items Bread Selection | Selection of Salad Items Bread Selection | Selection of Salad Items Bread Selection | Selection of Salad Items Bread Selection |
| 2nd Course | Apple Sponge (HM) with Custard | Jelly with Fruit With Ice cream | Victoria Sponge (HM) with Fruit Wedge | Rice Pudding (HM) With Fruit | Chocolate Brownie (HM) |
| Daily Selection | Fruit Muffin (HM) Fruit Yoghurt Fresh Fruit Selection | Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection | Homemade Humus with Vegsticks and Pitta Bread Fresh Fruit Selection | Homemade Cookie Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection | Fruity Friday Fresh Fruit Selection |
| Filled Jacket Potato Pasta Dish Savoury Plate | Filled Jacket Potato with Hot or Cold Filling (V) | Katsu Dipper Naanwich <i>chicken dipper + katsu sauce</i> | Filled Jacket Potato with Hot or Cold Filling (V) | Homemade Filled Calzone Pizza (V) | Filled Jacket Potato with Hot or Cold Filling(V) |

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