

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 Fingers Creamed Potatoes (Salmon Fish Finger available)
Vegetarian Option	Homemade Spicy Pizza	Quorn Curry Rice and Nann	OVEN BAKED SAUSAGE	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 curry Filling	Hot Roast Beef Jacket Potato	Breakfast Muffin egg, sausage + cheese	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)

PRIMARY MENUS From September 2019 to July 2020 - Birkwood

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	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)

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.

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)