

CONISTON C E PRIMARY SCHOOL
SCHOOL MEAL MENU – September 2022

WEEK 1

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Wholegrain Homemade Pizza with Sweet Potato Fries	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Apple Crumble & Custard Fruit or Yoghurt
Tuesday	Toad in the Hole, Mashed Potatoes & Carrots	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Caramel Choc Shortbread Fruit or Yoghurt
Wednesday	Chicken Burgers, Diced Sauté Potatoes, Salad or Peas/Beans	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Syrup Sponge with Custard Fruit or Yoghurt
Thursday	Lasagne, Salad & Garlic Bread	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Rice Crispy Cake Fruit or Yoghurt
Friday	Fresh Salmon & Chive Fish Cakes, Broccoli & Cauliflower, Sliced Potatoes Baked in Stock	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Choc Chip Sponge with Chocolate Sauce Fresh Fruit or Yoghurt

WEEK 2

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Pork Sausage Roll, New Potatoes, Vegetables or Salad, Peas/Carrots	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Fresh Fruit Salad with Ice Cream Fresh Fruit or Yoghurt
Tuesday	Roast Dinner, Roasties, Yorkshire Pudding, Stuffing, Broccoli & Cabbage	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Oat Milk Rice Pudding with Apple Puree Fresh Fruit or Yoghurt
Wednesday	Tomato Pasta Bake with Cheese, Salad, Fresh Wholegrain Garlic Bread	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Chocolate Roly Poly Pudding with Custard Fresh Fruit or Yoghurt
Thursday	Cottage Pie Topped with Mashed Potato	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Sticky Toffee Pudding with Cream Fresh Fruit or Yoghurt
Friday	Fish Goujons, Chips or Salad/Beans	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Chocolate Crunchy Slice Fresh Fruit or Yoghurt

WEEK 3

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Chicken & Veg Pies, New Potatoes, Sweet Potato & Carrot Mash & Peas	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Jelly Whip with Fresh Fruit Salad Fresh Fruit or Yoghurt
Tuesday	Homemade Beef Burgers, Potato Wedges & Beans	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Flapjack Fresh Fruit or Yoghurt
Wednesday	Sweet Potato & Butter Bean Coconut Curry with Egg Fried Rice & Poppadums	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Banoffee Bread & Butter Pudding with Toffee Sauce Fresh Fruit or Yoghurt
Thursday	Roast Beef, Yorkshire Pudding, Roasties, Carrots, Swede, Cabbage & Mash	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Warm Chocolate Sponge with Chocolate Sauce Fresh Fruit or Yoghurt
Friday	Chicken Goujons, Chips, Peas or Salad	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Vanilla Mousse with Shortbread Biscuit Fresh Fruit or Yoghurt