

CONISTON C E PRIMARY SCHOOL
SCHOOL MEAL MENU – November 2022

WEEK 1

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Wholegrain Homemade Pizza with Sweet Potato Fries	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Chocolate Semolina Pudding Fruit or Yoghurt
Tuesday	Sausages, Mashed Potatoes & Carrots	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Apple Sponge Cake with Custard Fruit or Yoghurt
Wednesday	Mixed Vegetable Quiche with New Potatoes & Mixed Salad	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Jelly Whip with Seasonal Fruit Fruit or Yoghurt
Thursday	Lasagne served with Salad	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Flapjack Fruit or Yoghurt
Friday	Salmon Special Fried Rice with Prawn Crackers	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Milkshake & Biscuits Fresh Fruit or Yoghurt

WEEK 2

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Tomato Pasta Bake with Cheese & Wholemeal Garlic Bread	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Chocolate Sponge & Ice Cream Fresh Fruit or Yoghurt
Tuesday	Roast Dinner, Mashed Potato, Yorkshire Pudding, Cauliflower & Carrots	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Marshmallow Rice Crispy Cake Fresh Fruit or Yoghurt
Wednesday	Fresh Filled Baked Jacket Potato with Tuna Mayo, Cheese or Beans	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Syrup Sponge & Custard Fresh Fruit or Yoghurt
Thursday	Cheese, Leek & Potato Pie, Sweet Potato Mash & Peas	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Rice Pudding with Fruit Jam Fresh Fruit or Yoghurt
Friday	Delly's Fish Fingers, Chips & Beans	Fresh Filled Wholemeal Sandwiches– Ham, Cheese, Tuna Mayo	Banana Bread Fresh Fruit or Yoghurt

WEEK 3

DAY	MAIN COURSE	ALTERNATIVE	DESSERTS
Monday	Stir Fry Noodles with Poppadums	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Fruit Jam Sponge & Custard Fresh Fruit or Yoghurt
Tuesday	Chicken & Vegetable Pie with Mashed Potato	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Strawberry Mousse & Shortbread Biscuit Fresh Fruit or Yoghurt
Wednesday	Cheesy Bacon Pasta with Peas & Crusty Bread	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Sticky Toffee Pudding Fresh Fruit or Yoghurt
Thursday	Casserole with Dumplings	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Peanut Butter Bites Fresh Fruit or Yoghurt
Friday	Delly's Chicken Nuggets with Chips & Beans	Filled Fresh Bread Rolls– Ham, Cheese, Tuna	Fresh Fruit Salad & Ice Cream Fresh Fruit or Yoghurt