

Primary School Menu Winter/ Spring 2011/2012

WEEK 1

Week Commencing – 31st October 2011, 28th November 2011, 9th January 2012, 6th February 2012, 12th March 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Home Made Pizza	Turkey & Sweetcorn Pie	Chilli con Carne & Rice	Freshly Carved Roast Pork & Apple Sauce	Battered Fish (small fry)
Meal	Breaded Salmon Fillet (salmon small fry)	Vegetable Sausages	Cheesy Pasta Bake	Cauliflower Gratin (Cauliflower Cheese)	Home Made Egg Croquettes
Potato or Bread	Jacket Potato	Mashed Potatoes	Granary Wedge	Roast Potatoes	Chips
Vegetable/ Beans	Peas & Baked Beans	Broccoli & Carrots	Sweetcorn & Peas	Shredded Cabbage & Carrots	Baked Beans & Sweetcorn
Dessert	Fruit Crumble & Custard (Apple & Apricot)	Dee Licious Ice Cream (Strawberry & Vanilla or Chocolate & Vanilla)	Vanilla Crunch & Strawberry Sauce	Chocolate Pudding & Chocolate Sauce	Vanilla Cupcake with Sprinkles
	A wide selection of freshly prepared salads and home made bread will be available daily. Fresh Fruit, Jelly or Cheese and Biscuits are also available as an alternative dessert.				

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WEEK 2

Week Commencing –7th November 2011, 5th December 2011, 16th January 2012, 20th February 2012, 19th March 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Cheese & Ham Slice	ALL DAY SUFFOLK BREAKFAST Local Sausage & Local Free Range Egg <i>(standard Sausage & Egg cooked as tray bake)</i>	Home Made Mega Meatball & Tomato Sauce	Freshly Carved Roast Chicken & Stuffing	Fish Fingers
Meal	Vegetable Ravioli	Vegetable Sausage & Local Free Range Egg	Sweet & Sour Vegetables	Shepherdess Pie	Cheese & Tomato Enchiladas
Potato or Bread	Mashed Potato	Hash Brown	Tagliatelle	Roast Potatoes	Chips
Vegetable/ Beans	Broccoli & Carrots	Baked Beans & Tomatoes <i>(tomatoes tinned or fresh)</i>	Peas & Sweetcorn	Mashed Swede & Broccoli	Baked Beans & Peas
Dessert	Iced Sponge	Local Marybelle Yogurt & Fruit Slice	Chocolate Crunch & Pink Custard	Oaty Fruit Crunch & Custard <i>(Strawberry Pie filling)</i>	Syrup & Cornflake Tart & Custard
	A wide selection of freshly prepared salads and home made bread will be available daily.				




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Fresh Fruit, Jelly or Cheese and Biscuits are also available as an alternative dessert.

WEEK 3

Week Commencing –14th November 2011, 12th December 2011, 23rd January 2012, 27th February 2012, 26th March 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Spaghetti Bolognese	Chicken Breast Curry & Rice (1 Chicken breast/grill per portion)	Meatball Pizza (1 meatball per slice cut in half)	Roast Beef & Yorkshire Pudding	Salmon Bites
Meal	Quiche	Cheese & Tomato Pasta	Margarita Pizza	Vegetable Samosa	Cheese & Potato Pie
Potato or Bread	Garlic Bread	Bread Wedge	Potato Wedges	Roast Potatoes	Chips
Vegetable/ Beans	Broccoli & Sweetcorn	Carrots & Peas	Baked Beans & Sweetcorn	Roast Parsnip & Carrots	Baked Beans & Peas
Dessert	Flapjack & Custard	Strawberry Love Cake & Pink Sauce	Sticky Toffee Pudding & Ice Cream	Fruit Crumble & Custard (Apple)	Chocolate Fudge Slice
	A wide selection of freshly prepared salads and home made bread will be available daily. Fresh Fruit, Jelly or Cheese and Biscuits are also available as an alternative dessert.				

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WEEK 4

Week Commencing –21st November 2011, 3rd January 2012, 30th January 2012, 5th March 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal	Italian Chicken Breast (Chicken Breast/Grill, Pizza topping & cheese)	Savoury Pin Wheel & Mashed Potato	Fish Goujons	Roast Lamb & Yorkshire Pudding	Sausages
Meal	Vegetable Frittata	Cheesy Jacket Melt	Vegetable Chilli with Rice	Vegetable Gratin	Vegetable Sausages
Potato or Bread	Jacket Wedges	Herby Bread	Sauté Potatoes	Roast Potatoes	Chips
Vegetable/ Beans	Sweetcorn & Broccoli	Peas & Carrots	Baked Beans & Sweetcorn	Medley of Roasted Vegetables	Baked Beans & Peas
Dessert	Strawberry Whip & Mini Oat Cookie	Marble Crunch & Chocolate Custard	Apricot Shortcake & Custard	Steamed Jam Sponge & Custard	Chocolate Brownie & Ice Cream
	A wide selection of freshly prepared salads and home made bread will be available daily. Fresh Fruit, Jelly or Cheese and Biscuits are also available as an alternative dessert.				