## **School Lunch Menu Summer 2015**

Tuesday

Pork meatballs in a rustic

Week One

Monday

Pizza

Wednesday

Thursday

All Day Breakfast

Friday

Harry Ramsden cod fillet

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	Choice of pepperoni or cheese and	tomato sauce	Roast chicken	with sausage, bacon, scrambled egg,	
	tomato			tomatoes, beans and mushrooms	
Vegetarian		Quorn meatballs	Quorn fillet	As above with vegetarian sausage and	Vegetarian nuggets
		Quem mouteurs	<b>4 4 6 1 1 1 1 1 1 1 1 1 1</b>	no bacon	v egetarian naggets
Vegetables and	Sweetcorn and salad bar	Spaghetti and garlic bread	Roast potatoes, Yorkshire	110 044011	Chips
accompaniments	Sweeteom and salad bar	Spagnetti ana garne oreaa	pudding,		Beans or peas
accompaniments			carrots and cauliflower cheese		Beans of peas
A 14 4*		C	and gravy		
Alternative	Crusty filled baguette with a daily choice of fillings or a jacket potato with choice of fillings also available				
Dessert	Fresh fruit salad and cream	Iced vanilla sponge	Arctic roll	Chocolate sponge with chocolate	Flapjack with a wedge of orang
	Tresh have swide with tream	room vanning sponge	1110110	custard	Tappaen with a would or orang
	<u> </u>		1	Custaru	<u> </u>
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beefburger in a bread roll	Bacon and cheese quiche		Chicken Italienne with tomato sauce	Salmon fingers
	-		Roast gammon	and melted cheese	
Vegetarian	Vegetarian burger	Cheese quiche	Quorn fillet	Pasta with tomato sauce and cheese	Vegetable nuggets
37 (11 1		N	D + ++		
Vegetables and	Baked wedges and salad	New potatoes and peas	Roast potatoes, Yorkshire	Spiral pasta, broccoli and peas	
accompaniments			pudding, peas, carrots and gravy		French fries, beans or sweetcorn
Alternative	Crusty filled baguette with a daily choice of fillings or a jacket potato with choice of fillings also available				
Dessert	Cherry crumble and custard	Chocolate crunch	100% fruit ice lolly	Apple meringue pie and cream	Strawberry jelly and ice cream
	cherry eramore and easure		100/0114101001011	rippro meringue pro una ereum	Suawoni jenj una 100 oroani
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese	Spaghetti Bolognaise		Sausage roll	Jumbo fish finger
			Roast Turkey	-	
Vegetarian	As above	Quorn mince Bolognaise	Quorn fillet	Vegetarian sausage roll	Vegetarian nuggets
J			Ì		
Vegetables and	Broccoli and peas	Garlic bread and salad	Roast potatoes, Yorkshire	Diced potatoes, beans or sweetcorn	French fries, beans or peas
accompaniments			pudding and seasonal	, ,	The second secon
pumments			vegetables		
Alternative	<u> </u>	Crusty Filled Raquette with a d		ato with choice of fillings also available	L
Dessert	Strawberries, shortbread and ice	Apple crumble and custard	Vanilla ice cream sandwich	Brownie	Lemon drizzle cake
Dessell	cream	rppie eramote and custard	vanna ice eream sanawien	Diowine	Demon drizzie cake
	Cicain				

## Fresh fruit, yoghurts, juice, milk and water are available everyday

All our ingredients are locally sourced and meals are made fresh daily on the premises at Great Bardfield Primary School. Our meat is supplied by Burton's Butchers of Saffron Walden and our fruit and vegetables are supplied by Reading's of Braintree.