

School Lunch Menu Summer 2015

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Pizza Choice of pepperoni or cheese and tomato	Pork meatballs in a rustic tomato sauce	Roast chicken	All Day Breakfast with sausage, bacon, scrambled egg, tomatoes, beans and mushrooms	Harry Ramsden cod fillet
Vegetarian		Quorn meatballs	Quorn fillet	As above with vegetarian sausage and no bacon	Vegetarian nuggets
Vegetables and accompaniments	Sweetcorn and salad bar	Spaghetti and garlic bread	Roast potatoes, Yorkshire pudding, carrots and cauliflower cheese and gravy		Chips Beans or peas
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 custard	Flapjack with a wedge of orange

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beefburger in a bread roll	Bacon and cheese quiche	Roast gammon	Chicken Italienne with tomato sauce and melted cheese	Salmon fingers
Vegetarian	Vegetarian burger	Cheese quiche	Quorn fillet	Pasta with tomato sauce and cheese	Vegetable nuggets
Vegetables and accompaniments	Baked wedges and salad	New potatoes and peas	Roast potatoes, Yorkshire pudding, peas, carrots and gravy	Spiral pasta, broccoli and peas	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

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese	Spaghetti Bolognaise	Roast Turkey	Sausage roll	Jumbo fish finger
Vegetarian	As above	Quorn mince Bolognaise	Quorn fillet	Vegetarian sausage roll	Vegetarian nuggets
Vegetables and accompaniments	Broccoli and peas	Garlic bread and salad	Roast potatoes, Yorkshire pudding and seasonal vegetables	Diced potatoes, beans or sweetcorn	French fries, beans or peas
Alternative	Crusty Filled Baguette with a daily choice of fillings or a jacket potato with choice of fillings also available				
Dessert	Strawberries, shortbread and ice cream	Apple crumble and custard	Vanilla ice cream sandwich	Brownie	Lemon drizzle cake

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.