

# RYELANDS PRIMARY AND NURSERY SCHOOL MENU

## WEEK ONE

### Monday

Pork meatballs in onion gravy served with creamed potatoes and peas

Ploughman's picnic served with tortilla chips and crudités

Raspberry bun or fresh fruit bar and Yoghurt

### Tuesday

Farmhouse brunch served with hash browns and beans

Butter pie with cheese served with red cabbage and baked beans

Lemon drizzle cake or fresh fruit bar and yoghurt

### Wednesday – Pizza Day

Homemade pizza Margherita served with baked potato wedges & salad

BBQ chicken and salad wrap served with crispy diced potatoes & coleslaw

Cooks choice of muffin or fresh fruit bar and yoghurt

### Thursday—Roast day

Roast chicken with sage and onion stuffing & gravy served with roast potatoes, baton carrots and spring cabbage.

Red pepper & tomato pasta served with garlic dough balls and green salad

Cheese and biscuits or fresh fruit bar and yoghurt

### Friday—Chippy day

Lancashire beef burger in a bun with tomato ketchup served with chunky chips or new potatoes & garden peas

Chip shop crispy battered fish fillet served with chunky chips or new potatoes & peas

Ice cream tub and fresh fruit or fresh fruit bar and yoghurt

## WEEK TWO

### Monday

Cheese whirl served with baked potato wedges and baked beans

Jumbo fish finger and salad wrap served with roasted new potato & garden peas

Chocolate ice cream roll or fresh fruit bar and yogurt

### Tuesday

Homemade chicken korma served with mixed rice & naan bread

Tomato pasta served with garlic bread and green salad

Homemade shortbread biscuit or fresh fruit bar and yoghurt

### Wednesday - Pizza Day

Homemade Pizza Margherita served with crispy diced potatoes & salad

Crispy fish goujons served with potato wedges & sweetcorn

Fruit jelly or fresh fruit bar and yoghurt

### Thursday—Roast day

Roast beef with yorkshire pudding & gravy served with creamed potatoes, baton carrots and broccoli

Hot filled sub roll served with tortilla chips & coleslaw

Chocolate and mandarin sponge or Fresh Fruit Bar and Yoghurt

### Friday—Chippy day

Farm assured sausage in a bun with tomato ketchup (V option available) served with chunky chips or new potatoes & peas

Bubble coated salmon fillet served with chunky chips or new potatoes & peas

Cooks choice of cookie & milkshake or fresh fruit bar and yoghurt

## WEEK THREE

### Monday

Farm assured chicken breast goujons wrap served with baked potato wedges, sweetcorn and green beans.

Homemade cheese flan served with roasted new potatoes and baked beans

Cooks choice of muffin or fresh fruit bar and yoghurt

### Tuesday

Chicken tikka masala served with mixed rice & naan bread

Birdseye fish fingers served with new potatoes and garden peas

Chocolate cookie or fresh fruit bar and yoghurt

### Wednesday – Pizza Day

Homemade Pizza Margherita served with crispy diced potatoes, peas & sweetcorn

Sweet potato & chickpea curry served with mixed rice and naan bread

Peach melba or fruit Bar and yoghurt

### Thursday—Roast day

Roast pork with sage and onion stuffing & gravy served with creamed potatoes, spring cabbage & baton carrots

Tomato and mascarpone pasta served with garlic dough balls and side salad

Fruity flapjack or fresh fruit bar and yoghurt

### Friday—Chippy day

Meatball marinara sub roll served with chunky chips or new potatoes and garden peas

Choice of assorted sandwiches & wraps served with chunky chips & crudités

Summer treat dessert or fresh fruit bar and yoghurt



	Mon	Tue	Wed	Thur	Fri
Apr/May	30	1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	23	24	25
	28	29	30	31	1

	Mon	Tue	Wed	Thur	Fri
June/July	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
	2	3	4	5	6

	Mon	Tue	Wed	Thur	Fri
July/August	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31	1	2	3
	6	7	8	9	10

	Mon	Tue	Wed	Thur	Fri
August/Sept	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	31
	3	4	5	6	7
	10	11	12	13	14

	Mon	Tue	Wed	Thur	Fri
Sept/Oct	17	18	19	20	21
	24	25	26	27	28
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19

# Our Lunchtime Values and Ethos

*At Ryelands...*

*We have our own table and our own special adult to help us enjoy a family feel meal time. There is very little time spent queuing and waiting. We enjoy talking about our day, our experiences, hobbies and listening to others.*

*From nursery onwards we use our cutlery and we can cut our own food from an early age.*

*All of our dinners are served with fresh vegetables or salad and additional fruit, salad and vegetables are available for the children to have.*

*We are proud of our children... they serve themselves, always aim to have a clean plate, happily try new tastes, clean up their table and use wonderful manners.*

## Why we encourage our children to eat our school dinners here at Ryelands Primary and Nursery School?

- They taste absolutely wonderful and each week's menu offers a nutritionally balanced choice of delicious meals.
- The schools catering service has achieved the Silver Award for the Food for Life accreditation.
- Our menu meets the food based standards to ensure that children get the nutrition they need across the whole day.
- Fresh fruit, vegetables and salad is available with every meal: all children are encouraged to try new foods.
- We offer fresh milk and water with each meal.
- Almost every child under the age of 8 enjoys a school meal every day. Numbers of Key Stage 2 children are increasing but we would be happy for even more children to join us.

**Turn over to find more information on our delicious food choices!**