

# RYELANDS PRIMARY AND NURSERY SCHOOL MENU

## WEEK ONE

### Monday

Pork meatballs in a rich tomato sauce served with baby new potatoes & Fine green beans

Jumbo Fish finger & salad tortilla wrap served with crispy diced potatoes & garden peas

Chocolate mandarin sponge or fresh fruit bar and Yoghurt

### Tuesday

Veggie brunch with vegetarian sausage & free range omelette served with hash brown & beans

Chicken & Vegetable tikka curry served with mixed rice & naan bread

Gluten free cook's choice of cookie & fresh fruit bar or fresh fruit bar and yoghurt

### Wednesday - Pizza Day

Homemade pizza Margherita served with oven baked potato wedges & mini corn on the cob

Hot pot served with mushy peas, crusty bread and beetroot

Cheese and crackers with apple wedges or fresh fruit bar and yoghurt

### Thursday - Roast day

Roast pork with sage and onion stuffing & gravy served with creamed potatoes, carrots & broccoli

Organic pasta in a Neapolitan sauce served with garlic dough balls & crunchy side salad

Lemon sponge and custard or fresh fruit bar and yoghurt

### Friday - Chippy day

Lancashire beef burger in a bun with tomato ketchup served with oven baked chunky chips & garden peas

Crispy battered fillet of fish served with chunky chips & mushy peas

Shortbread biscuit & chocolate milkshake or fresh fruit bar and yoghurt

## WEEK TWO

### Monday

Pork sausages & onion gravy served with creamy mashed potatoes & garden peas

Organic pasta in a tomato & mascarpone sauce served with garlic dough balls & crunchy side salad

Toffee apple crumble & custard or fresh fruit bar and yoghurt

### Tuesday

Homemade sweet potato & chick pea curry served with mixed rice and naan bread

Homemade cheese, onion & potato pie served with garden peas & sliced beetroot

Gluten free cook's choice muffin & fruit or fresh fruit bar and yoghurt

### Wednesday - Pizza Day

Homemade Pizza Margherita served with crispy diced potatoes & mini corn on the cob

Homemade mince beef hot-pot with a baked sliced potato topping served with broccoli & beetroot

Homemade raspberry bun or fresh fruit bar and yoghurt

### Thursday - Roast day

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

Quorn meatball & veg casserole with dumplings served with winter cabbage & crusty bread

Vanilla sponge & custard or Fresh Fruit Bar and Yoghurt

### Friday - Chippy day

Crispy lightly battered fish goujons served with oven baked chunky chips & garden peas

BBQ chicken fillet in a bun with mayonnaise served with oven baked chunky chips & mini corn on the cob

Chocolate ice cream roll & fruit or fresh fruit bar and yoghurt

## WEEK THREE

### Monday

Crispy chicken goujon & salad tortilla wrap served with potato wedges & mini corn cob

Free range omelette with cheese & tomato served with potato wedges & baked beans

Creamy rice pudding or fresh fruit bar and yoghurt

### Tuesday

Cheese whirl served with diced potato and baked beans

Organic pasta in a sweet pepper & tomato sauce served with garlic dough balls & crunchy side salad

Jam sponge & custard or fresh fruit bar and yoghurt

### Wednesday - Pizza Day

Homemade Pizza Margherita served with crispy diced potatoes, & mini corn on the cob

Homemade chicken & vegetable pie served with diced potatoes, fine green beans & garden peas

Gluten free cook's choice of cookie & fresh fruit or fresh fruit bar and yoghurt

### Thursday - Roast day

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

Homemade vegetable Balti curry served with mixed rice & naan bread

Gluten free lemon muffin or fresh fruit bar and yoghurt

### Friday - Chippy day

Golden crumb breaded fish fingers served with chunky chips & peas

Lancashire pork sausage in a finger roll with ketchup served with chunky chips & baked beans

Ice cream tubs & fruit or fresh fruit bar and yoghurt

Oct/Nov

Mon	Tue	Wed	Thur	Fri
22	23	24	25	26
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

Nov/Dec

Mon	Tue	Wed	Thur	Fri
26	27	28	29	30
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Dec/Jan

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

Feb/Mar

Mon	Tue	Wed	Thur	Fri
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	1
4	5	6	7	8

Mar/Apr

Mon	Tue	Wed	Thur	Fri
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
1	2	3	4	5
8	9	10	11	12

Apr/May

Mon	Tue	Wed	Thur	Fri
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3
6	7	8	9	10
13	14	15	16	17

May/June

Mon	Tue	Wed	Thur	Fri
20	21	22	23	24
27	28	29	30	31
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21

June/July

Mon	Tue	Wed	Thur	Fri
24	25	26	27	28
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

# 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!**