

# DINNER TIMES

## Week 1

## Week 2

## Week 3

**Weeks starting:**

15th Nov | 6th Dec | 27th Dec | 17th Jan  
7th Feb | 28th Feb | 21st Mar | 11th Apr

**Weeks starting:**

1st Nov | 22nd Nov | 13th Dec | 3rd Jan  
24th Jan | 14th Feb | 7th Mar | 28th Mar

**Weeks starting:**

8th Nov | 29th Nov | 20th Dec | 10th Jan  
31st Jan | 21st Feb | 14th Mar | 4th Apr

*'Meat Free'*  
**Monday**

*'Pasta Day'*



Creamy Cheese & Pasta Bake served with  
Homemade Garlic Bread & Salad (v)

Puff Pastry Cheese Whirl served with  
Herby Potatoes & Baked Beans (v)

Range of Desserts including Shortbread Biscuit & Cakes

Tomato & Mascarpone Pasta served with  
Homemade Garlic Dough Balls & Broccoli (v)

Cheese Panini Melt served with  
Herby Potatoes & Salad (v)

Range of Desserts including Shortbread Biscuit & Cakes

Quorn Bolognese served with  
Homemade Garlic Dough Balls & Salad (v)

Free Ranged Omelette served with Paprika Potatoes &  
Broccoli or Baked Beans

Range of Desserts including Shortbread Biscuit & Cakes

**Tuesday**

*'Curry Day'*



Creamy Chicken Tikka served with  
Mixed Rice & Naan Bread

Lancashire Cheese & Potato Pie served with  
Broccoli & Beetroot (v)

Range of Desserts including Fresh Fruit & Yoghurt

Traditional Cottage Pie served with  
Seasonal Cabbage & Beetroot

Crispy Fish Finger Wrap served with  
Potato Wedges, Garden peas & Sweetcorn (v)

Range of Desserts including Fresh Fruit & Yoghurt

Quorn Curry served with  
Mixed Rice & Naan Bread

Puff Pastry Cheese Whirl served with  
Baked Potato Wedges & Baked Beans (v)

Range of Desserts including Fresh Fruit & Yoghurt

**Wednesday**

*'Pizza Day'*



Homemade Margherita Pizza served with  
Diced Potatoes & Salad (v)

Tuna & Cheese Panini Melt served with  
Herby Potatoes & Salad (v)

Range of Desserts including Fresh Fruit & Yoghurt

Homemade Margherita Pizza served with  
Diced Potatoes & Salad (v)

Vegetarian Sausage Roll served with  
Paprika Wedges & Baked Beans (v)

Range of Desserts including Fresh Fruit & Yoghurt

Homemade Margherita Pizza served with  
Diced Potatoes & Salad (v)

Chinese Style Chicken Curry served with  
Mixed savoury Vegetable Rice

Range of Desserts including Fresh Fruit & Yoghurt

**Thursday**

*'Roast Dinner Day'*



Roast Beef, Yorkshire Pudding & Gravy served with  
Roast Potatoes, Seasonal Cabbage & Carrots

Pasta Neapolitan served with  
Homemade Garlic Dough Balls & Salad (v)

Range of Desserts including Fresh Fruit & Yoghurt

Roast Chicken, Stuffing & Gravy served with  
Roast Potatoes, Broccoli & Carrots

Vegetable Korma Curry served with  
Mixed Rice & Naan Bread (v)

Range of Desserts including Fresh Fruit & Yoghurt

Roast Pork, Yorkshire Pudding & Gravy served with  
Roast Potatoes, Seasonal Cabbage & Carrots

Penne Pasta Arrabbiata served with  
Homemade Garlic Dough Balls & Salad (v)

Range of Desserts including Fresh Fruit & Yoghurt

**Friday**

*'Chippy Day'*



Golden Crumb Omega 3 Fish Fingers served with  
Oven Baked Chips & Garden Peas

Loaded Veggie & cheese Taco served with  
potato wedges & salad (v)

Range of Desserts including  
Fresh Fruit & Ice Cream Treats

Crispy Battered Fish served with  
Oven Baked Chips & Garden Peas

Beef Burger in a Bun with Tomato Ketchup served with  
Paprika Wedges, Vegetable Sticks & Dips

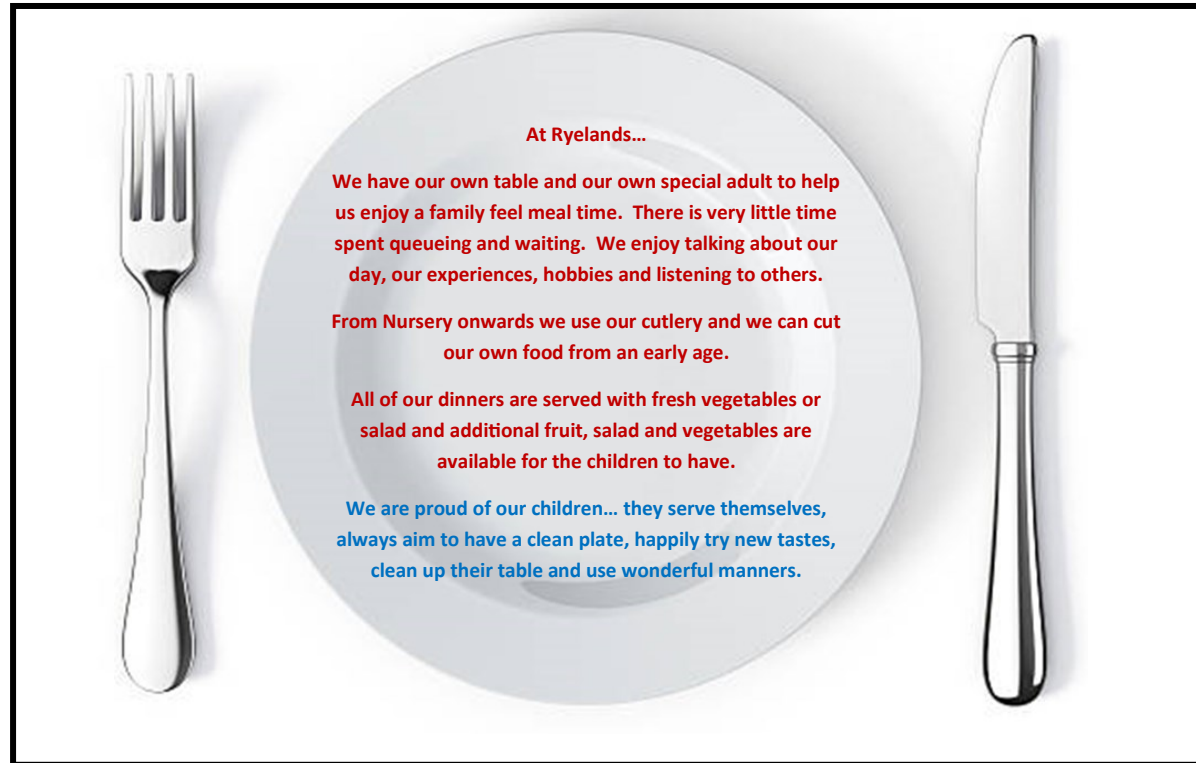
Range of Desserts including  
Fresh Fruit & Ice Cream Treats

Crispy Fish Goujons served with  
Oven Baked Chips & Garden Peas

Cheese Panini Melt served with  
Herby Potatoes & Salad (v)

Range of Desserts including  
Fresh Fruit & Ice Cream Treats

# Our Lunchtime Values and Ethos



## 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!***