



Week 1

Weeks starting:
 2nd May | 23rd May | 13th Jun | 4th Jul
 5th Sept | 26th Sept | 17th Oct
 7th Nov | 28th Nov

Week 2

Weeks starting:
 18th Apr | 9th May | 20th Jun | 11th Jul
 12th Sept | 3rd Oct | 14th Nov

Week 3

Weeks starting:
 25th Apr | 16th May | 6th Jun | 27th Jun
 18th Jul | 19th Sept | 10th Oct | 31st Oct
 21st Nov

'Meat Free' Monday
 'Pasta Day' 

Veggie Lasagne served with Homemade Garlic Bread & Salad (v)
 Vegetarian Bruch served with Hash Brown & Baked Beans (v)
 Dessert includes Fresh Fruit & Yogurt

Tomato & Mascarpone Pasta served with Homemade Garlic Dough Balls & Broccoli (v)
 Quorn Hot Dog in a Bun served with Potato Wedges & Salad (v)
 Dessert includes Fresh Fruit & Yogurt

Quorn Bolognese served with Homemade Garlic Dough Balls & Salad (v)
 Veggie Burger in a Bun served with Potato Wedges & Salad (v)
 Dessert includes Fresh Fruit & Yogurt

Tuesday
 'Curry Day' 

Creamy Chicken Tikka served with Mixed Rice & Naan Bread
 Tuna or Cheese Panini served with Herby Potatoes & Salad (v)
 Range of Desserts including Fresh Fruit & Yoghurt

Vegetable Korma Curry Served with Mixed Rice & Naan Bread
 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
 Mixed Tacos served with Tortilla Chips & Salad (v)
 Range of Desserts including Fresh Fruit & Yoghurt

Wednesday
 'Pizza Day' 

Homemade Margherita Pizza served with Diced Potatoes & Salad (v)
 BBQ Chicken Burger served with Diced Potatoes & Salad
 Range of Desserts including Biscuits & Cakes

Homemade Margherita Pizza served with Diced Potatoes & Salad (v)
 Vegetarian Sausage Roll served with Diced Potatoes & Baked Beans (v)
 Range of Desserts including Biscuits & Cakes

Homemade Margherita Pizza served with Diced Potatoes & Salad (v)
 Hot Dog in a Bun served with Diced Potatoes & Salad
 Range of Desserts including Biscuits & Cakes

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)
 Dessert includes Fresh Fruit & Yoghurt

Roast Chicken, Stuffing & Gravy served with Roast Potatoes, Broccoli & Carrots
 Macaroni and Cheese served with Homemade Garlic dough Balls & Salad (v)
 Dessert includes 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)
 Dessert includes Fresh Fruit & Yoghurt

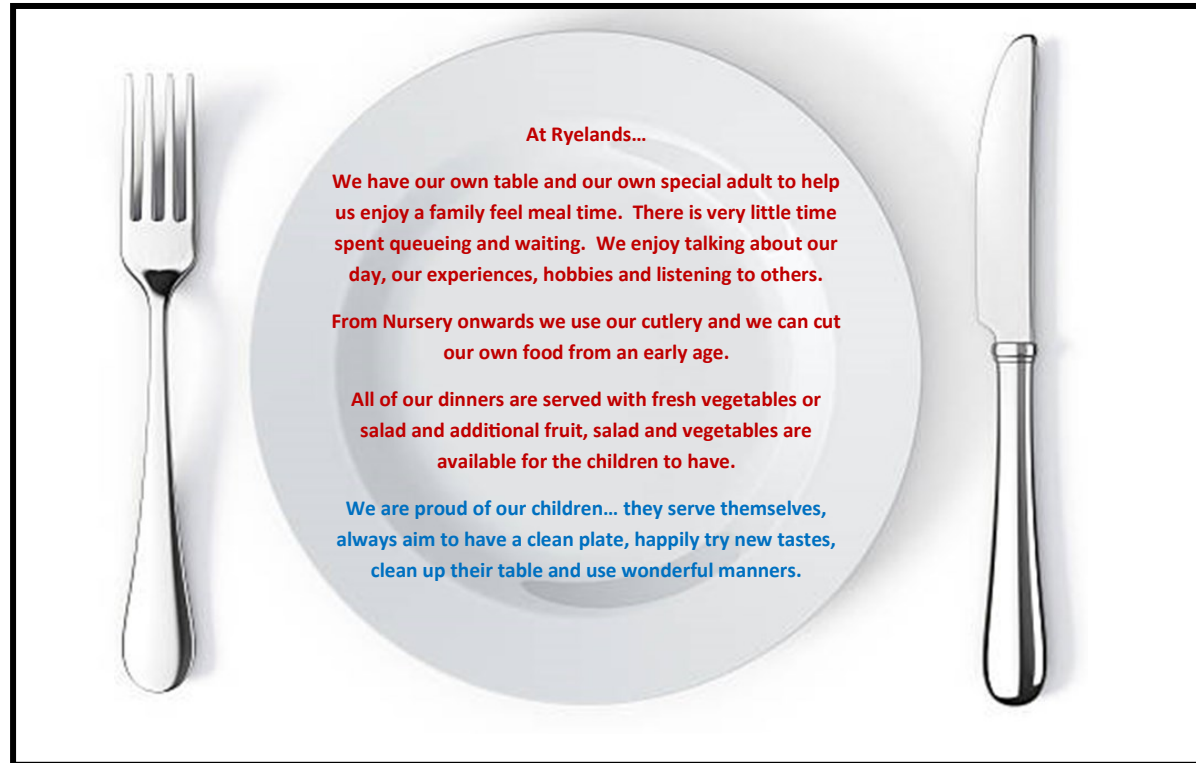
Friday
 'Chippy Day/Picnic Day' 

Golden Crumb Omega 3 Fish Fingers served with Oven Baked Chips & Garden Peas
 Summer Picnic Mini Sandwich Rolls served with Tortilla Chips & Veggie Sticks
 Range of Desserts including Fresh Fruit & Ice Cream Treats

Crispy Battered Fish served with Oven Baked Chips & Garden Peas
 Summer Picnic Mini Sandwich Rolls served with Tortilla Chips & Veggie Sticks
 Range of Desserts including Fresh Fruit & Ice Cream Treats

Crispy Fish Goujons served with Oven Baked Chips & Garden Peas
 Summer Picnic Mini Sandwich Rolls served with Tortilla Chips & Veggie Sticks
 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!