



# DINNER TIMES

*'Meat Free'*  
**Monday**



**Tuesday**

*'Pasta Day'*



**Wednesday**

*'Pizza Day'*



**Thursday**

*'Roast Dinner Day'*



**Friday**

*'Chippy Day'*



## Week 1

*Weeks starting:*

7th Nov | 28th Nov | 9th Jan | 30th Jan  
20th Feb | 13th Mar | 24th Apr | 15th May

Quorn Pasta Bolognaise served with  
Homemade Crusty Bread & Broccoli Florets (v)

Lancashire Cheese & Potato Pie  
served with Baked Beans (v)

Syrup Sponge & Custard  
Fruit Selection & Organic Milk

Tomato & Sweet Pepper Pasta served with  
Homemade Crusty Bread & Salad Selection (v)

Traditional Cottage Pie served with  
Mixed Vegetable Medley

Fresh Fruit Medley & Vanilla Cream  
Fruit Selection & Organic Milk

Homemade Pizza Margherita served with  
Oven Baked Wedges & Salad Selection (v)

Pork or Veggie Sausages & Onion Gravy  
Creamed Potatoes, Garden Peas & Carrot Batons

Selection of Fruit Yoghurt  
Fruit Selection & Organic Milk

Roast Chicken, Yorkshire Pudding & Gravy served with  
Roast Potatoes, Seasonal Cabbage & Carrot Batons

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

Mini Shortbread Biscuits & Melon Wedges  
Fruit Selection & Organic Milk

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

Selection of filled Sandwich Rolls served with  
Oven Baked Chips & Veggie Sticks & Dips

Homemade Chocolate Cookie  
Fruit Selection & Organic Milk

## Week 2

*Weeks starting:*

14th Nov | 5th Dec | 16th Jan | 6th Feb  
27th Feb | 20th Mar | 1st May

Vegetarian Sausage Roll served with  
Oven Baked Wedges, Garden Peas & Sweetcorn (v)

Tomato & Mascarpone Pasta served with  
Homemade Crusty Bread & Salad Selection (v)

Creamy Rice Pudding & Fruit Jam  
Fruit Selection & Organic Milk

Beef & Pork Meatballs & Tomato Sauce served with  
Penne Pasta & Broccoli Florets

Golden Crumb Vegetable Fingers served with  
Paprika Potatoes & Mixed Vegetable Medley (v)

Strawberry Ice Cream Sponge Roll  
Fruit Selection & Organic Milk

Homemade Pizza Margherita served with  
Oven Baked Wedges & Salad Selection (v)

Chicken & Sweet Potato Curry served with  
Mixed Rice & Naan Bread (v)

Fresh Fruit Medley & Vanilla Cream  
Fruit Selection & Organic Milk

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

Pasta Arrabbiata served with  
Homemade Crusty Bread & Salad Selection (v)

Selection of Fruit Yoghurt  
Fruit Selection & Organic Milk

Crispy Battered Fish served with  
Oven Baked Chips & Garden Peas

Puff Pasty Cheese Whirl served with  
Oven Baked Chips & Baked Beans (v)

Homemade Chocolate Brownie  
Fruit Selection & Organic Milk

## Week 3

*Weeks starting:*

21st Nov | 12th Dec | 23rd Jan  
6th Mar | 27th Mar | 17th Apr | 8th May

Cheese & Tomato French Bread Pizza served with  
Tortilla Chips, Veggie Sticks & Dips (v)

Quorn Tikka Curry served with  
Mixed Rice & Naan Bread (v)

Vanilla Sponge & Chocolate Sauce  
Fruit Selection & Organic Milk

Homemade Macaroni & Cheese Bake served with  
Homemade Crusty Bread & Salad Selection (v)

Homemade Meat & Potato Pie served with  
Garden Peas, Sliced Beetroot & Gravy

Selection of Fruit Yoghurt  
Fruit Selection & Organic Milk

Homemade Pizza Margherita served with  
Oven Baked Wedges & Salad Selection (v)

British Beef Burger in a bun served with  
Oven Baked Wedges, Veggie Sticks & Dips

Mini Shortbread Biscuits & Melon Wedges  
Fruit Selection & Organic Milk

Roast Chicken, Yorkshire Pudding & Gravy served with  
Roast Potatoes, Seasonal Cabbage & Carrot Batons

Plant-Based Meatballs served with  
Creamed Potatoes & Baked Beans (v)

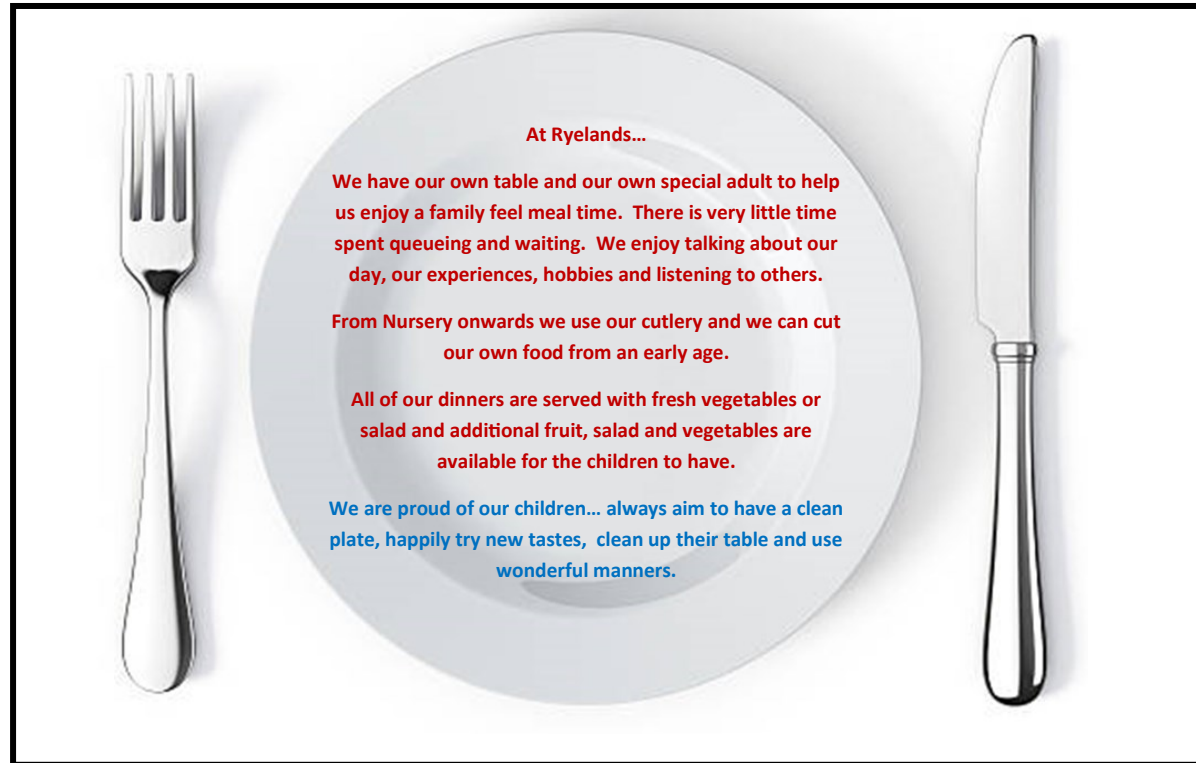
Fresh Fruit Medley & Vanilla Cream  
Fruit Selection & Organic Milk

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

Selection of filled Sandwich Rolls served with  
Oven Baked Chips & Veggie Sticks & Dips

Gluten Free Chocolate Muffin  
Fruit Selection & Organic Milk

# 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 or 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. Each week a group of children are chosen for the 'chef's table' with special treats!

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