

# Grow

FUEL FOR YOUNG MINDS



## South Wonston Primary School menu

### Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

### Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.



# MENU - WEEK ONE

Week Commencing: 6<sup>th</sup> January, 27<sup>th</sup> January

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



Pork Sausages served with Mash Potato, Peas and Coleslaw



Vegan Quorn Cumberland Sausage served with Mash Potato, Peas and Coleslaw



Pasta with Tomato and Basil Sauce



White Bap with your choice of Ham, Cheddar Cheese or Egg Mayonnaise filling



Lemon Sponge with Custard

TUESDAY



Beef Lasagne served with Herby Potatoes, Salad and Sweetcorn



Vegetarian Lasagne served with Herby Potatoes, Salad and Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese or Baked Beans filling



White Baguette with your choice of Tuna Mayonnaise, Cheddar Cheese or Ham filling



Shortbread

WEDNESDAY



Roast Chicken served with Gravy, Roast Potatoes, Carrots and Green Beans



Cauliflower Broccoli Cheese Bake served with Gravy, Roast Potatoes, Carrots and Green Beans



Pasta with Tomato and Basil Sauce



White Bap with your choice of Ham, Cheddar Cheese or Egg Mayonnaise filling



Iced Chocolate Sponge

THURSDAY



Mild Beef Chilli served with Rice, Broccoli and Sweetcorn



Vegetable Enchilada served with Rice, Broccoli and Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese or Baked Beans filling



White Bap with your choice of Tuna Mayonnaise, Cheddar Cheese or Ham filling



Apple Crumble with Custard

FRIDAY



Fish Fingers served with Chips, Peas or Baked Beans and Ketchup



Cheese and Bean Puff served with Chips, Peas or Baked Beans and Ketchup



Pasta with Tomato and Basil Sauce



White Baguette with your choice of Ham, Cheddar Cheese or Egg Mayonnaise filling



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.

# MENU - WEEK TWO

Week Commencing: 13<sup>th</sup> January, 3<sup>rd</sup> February

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



Beef Burger in a Bun served with Potato Wedges, Salad and Coleslaw



Cheese and Tomato Pinwheel served with Potato Wedges, Coleslaw and Salad



Pasta with Tomato and Basil Sauce



White Bap with your choice of Ham, Cheddar Cheese, or Egg Mayonnaise filling



Jam Sponge

TUESDAY



BBQ Chicken served with Rice, Broccoli and Peas



Vegetable Biryani served with Broccoli and Peas



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Baguette with your choice of Tuna Mayonnaise Cheddar Cheese or Ham filling



Oat and Sultana Cookies

WEDNESDAY



Roast Turkey served with Gravy, Roast Potatoes, Carrots and Green Beans



Vegetarian Cumberland Sausage served with Gravy, Roast Potatoes, Carrots and Green Beans



Pasta with Tomato and Basil Sauce



White Bap with your choice of Ham, Cheddar Cheese, or Egg Mayonnaise filling



Pineapple Upside Down Cake

THURSDAY



Chicken Wrap served with Potato Wedges, Sweetcorn and Salad



Margherita Pizza served with Potato Wedges, Sweetcorn and Salad



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling

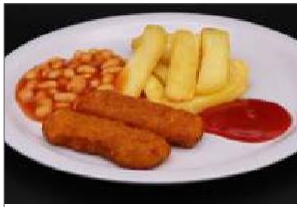


White Bap with your choice of Tuna Mayonnaise, Cheddar Cheese, or Ham filling



Chocolate Brownie

FRIDAY



Salmon Fish Fingers served with Chips, Peas or Baked Beans



BBQ Vegetable & Bean Wrap served with Chips, Peas or Baked Beans



Pasta with Tomato and Basil Sauce



White Baguette with your choice of Ham, Cheddar Cheese or Egg Mayonnaise filling



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.

# MENU - WEEK THREE

Week Commencing: 20<sup>th</sup> January. 10<sup>th</sup> February

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DELI

## DESSERT

MONDAY



Cheese and Ham Pizza served with Potato Wedges, Salad and Coleslaw



Mixed Bean Fajita served with Potato Wedges, Salad and Coleslaw



Pasta with Tomato and Basil Sauce



White Bap with your choice of Tuna Mayonnaise, Cheddar Cheese, or Ham filling



Shortbread

TUESDAY



Mexican Chicken served with Rice, Peas and Broccoli



Macaroni Cheese served with Rice, Peas and Broccoli



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Baguette with your choice of Tuna Mayonnaise, Cheddar Cheese or Ham filling



Chocolate Sponge with Custard

WEDNESDAY



Toad In the Hole served with Gravy, Mashed Potatoes, Carrots and Green Beans



Vegetarian Mince Cobbler served with Gravy, Mashed Potatoes, Carrots and Green Beans



Pasta with Tomato and Basil Sauce



White Sandwich with your choice of Tuna Mayonnaise, Cheddar Cheese or Ham filling



Banana Tray Bake

THURSDAY



Pasta Bolognese served with Broccoli and Sweetcorn



Vegetarian Chilli served with Rice, Broccoli and Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



White Sandwich with your choice of Tuna Mayonnaise, Cheddar Cheese or Ham filling



Chocolate Cookie

FRIDAY



Fish Fingers served with Chips, Peas or Baked Beans and Ketchup



Vegetable Fingers served with Chips, Peas or Baked Beans and Ketchup



Pasta with Tomato and Basil Sauce



White Baguette with your choice of Ham, Cheddar Cheese or Egg Mayonnaise filling



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.

## JACKET POTATOES / PASTA

**Jacket Potatoes are available on Tuesday and Thursday.**

**Pasta is available on Monday, Wednesday and Friday.**

What will you choose to fill your Jacket Potato with?

Tuna Mayonnaise, Cheddar Cheese or Baked Beans



Jacket Potato with  
Tuna Mayonnaise



Jacket Potato with  
Grated Cheddar Cheese



Jacket Potato with Beans



Pasta with Tomato  
and Basil Sauce

**All meals come with seasonal vegetables or salad of your choice.**



## DELI OPTION

**We offer a variety of delicious deli options daily.**  
All with tasty fillings to keep hungry tummies nice and full.



**Baguettes**  
with your choice of Tuna Mayonnaise,  
Cheddar Cheese, Ham or Egg  
Mayonnaise filling



**Sandwiches**  
with your choice of Tuna Mayonnaise,  
Cheddar Cheese, or Ham filling



**Baps**  
with your choice of Tuna Mayonnaise,  
Cheddar Cheese, Ham or Egg  
Mayonnaise filling

**All meals come with seasonal vegetables or salad of your choice.**





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