

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

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.



Soil Association



MENU - WEEK ONE

Week Commencing: 17th March | 21st April | 12th May

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DELI

DESSERT

MONDAY



Pork Sausages served with Mashed Potato, Peas and Carrots



Vegetarian Cottage Pie served with Peas and Carrots



Pasta with Tomato and Basil Sauce



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



Shortbread & Apple Slices

TUESDAY



Cheese & Ham Pizza, served with Warm Baguette, Broccoli and Garden Salad



Macaroni Cheese served with Warm Baguette, Broccoli and Garden Salad



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



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



Lemon sponge Cake

WEDNESDAY



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



Roast Quorn Fillet served with Roast Potatoes, Cauliflower and Green Beans



Pasta with Tomato and Basil Sauce



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



Ice Cream & Peach slices

THURSDAY



Cottage Pie served with Warm Baguette, Broccoli and Sweetcorn



Quorn Sausages served with Warm Baguette, Broccoli and Sweetcorn



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



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



Chocolate Sponge Cake

FRIDAY



Fish Fingers served with Chips, Peas, Baked Beans & Tomato Ketchup



Cheese & Potato Pie served with Chips, Peas and Baked Beans



Pasta with Tomato and Basil Sauce



White Bap with your choice of Cheese, Ham 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: 24th March | 28th April | 19th May

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DELI

DESSERT

MONDAY



Sausage & Tomato Pasta, Warm Baguette, Peas and Carrots



Quorn Meatballs with Pasta and Tomato Sauce, Warm Baguette, Peas and Carrots



Pasta with Tomato and Basil Sauce



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



Banana Homebake & Custard

TUESDAY



Creamy Chicken & Sweetcorn Pie served with Potato Wedges, Sweetcorn and Broccoli



Plant Based Sausage Roll served with Potato Wedges, Sweetcorn and Broccoli



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



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



Sultana & Oat Cookie with Apple Slices

WEDNESDAY



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



Roast Quorn Fillet and Gravy served with Roast Potatoes, Carrots and Green Beans



Pasta with Tomato and Basil Sauce



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



Apple Crumble & Custard

THURSDAY



Beef Chilli served with Rice, Warm Baguette, Sweetcorn and Broccoli



Vegetarian Mince Chilli served with Rice, Warm Baguette, Sweetcorn and Broccoli



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



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



Chocolate Cookie

FRIDAY



Fish Fingers served with Chips, Peas, Baked Beans & Tomato Ketchup



Cheese and Tomato Pizza served with Chips, Peas and Baked Beans



Pasta with Tomato and Basil Sauce



White Sandwich with your choice of Cheese, Ham 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: 31st March | 5th May | 26th May

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DELI

DESSERT

MONDAY



Cowboy Hotpot served with Mashed Potato, Carrots and Peas



Quorn Cowboy Hotpot served with Mashed Potato, Carrots and Peas



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



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



Strawberry Ice Cream & Orange Slices

TUESDAY



Cheesy Chicken Pasta served with Warm Baguette, Sweetcorn and Garden Salad



Macaroni Cheese served with Warm Baguette, Sweetcorn and Garden Salad



Pasta with Tomato and Basil Sauce



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



Lemon Sponge & Custard

WEDNESDAY



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



Roast Quorn Fillet and Gravy served with Roast Potatoes, Carrots and Green Beans



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



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



Flapjack

THURSDAY



Cheese, Tomato and Ham Pizza served with Potato Wedges, Broccoli and Sweetcorn



Vegetarian Cottage Pie served with Potato Wedges, Broccoli and Sweetcorn



Pasta with Tomato and Basil Sauce



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



Chocolate Brownie & Apple Slices

FRIDAY



Fish Fingers served with Chips, Peas, Baked Beans & Tomato Ketchup



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



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



White Baguette with your choice of Cheese, Ham 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.



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