

**PLEASE RETURN COMPLETED
MENUS TOMORROW MORNING**

Child's name:

Class:

ALFORD PRIMARY SCHOOL ~ 4 WEEKLY MENUS

Can you please indicate at the bottom of each column your child's main meal and dessert choice for that day. On the days that you will be sending your child with a packed lunch can you please make sure that you write 'Packed lunch', or 'Pack-up'.

IF YOU HAVE ORDERED A HOT MEAL PLEASE DO NOT BRING A PACKED LUNCH

**It is very important that you complete ALL 4 menus
do not leave any of the columns blank**

Fresh fruit will be served with ALL puddings.
The children are given the choice of milk or water
and extra bread if necessary every day.
Wholegrain varieties of pasta and rice are always used.

Please be aware, desserts can only be ordered if your child is having a hot meal (NOT a packed lunch)

(Tuesday 2nd May to 5th May 2017)

	Monday 1st May	Tuesday 2nd May	Wednesday 3rd May	Thursday 4th May	Friday 5th May
MAIN MEAL 1 st CHOICE	NO SCHOOL MAY DAY BANK HOLIDAY	Jacket Potato & Tuna Mayo with Corn Corbette	Cottage Pie Green Beans & Carrots	Roast Turkey & Stuffing Roast Potatoes Broccoli & Mixed Veg	Salmon Fish Fingers Cous Cous Peas & Sweetcorn Ketchup
MAIN MEAL 2 nd CHOICE		Jacket Potato with Cheese & Baked Beans with Corn Cobette	Quorn Sausages & Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf with Veg Gravy Roast Potatoes Broccoli & Mixed Veg	Cheese Pizza Pasta Salad
DESSERT 1 st CHOICE		Apple Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Lemon Love Cake & Custard	Oat Cookie & Box of Raisins
DESSERT 2 nd CHOICE		Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT HOICE					

Please enter 1, 2 or PL in the relevant boxes

(Monday 8th May to Friday 12th May 2017)

	Monday 8th May	Tuesday 9th May	Wednesday 10th May	Thursday 11th May	Friday 12th May
MAIN MEAL 1 st CHOICE	Hot Dog With Baked Beans	Beef Lasagne Garlic Bread Broccoli	Chicken Breast Stuffing Creamed Potatoes Green Beans & Carrots Gravy	Roast Beef Yorkshire Pudding Roast Potatoes & Mixed Veg	Breaded Fish with Chips Peas & Ketchup
MAIN MEAL 2 nd CHOICE	Quorn Hot Dog with Baked Beans	Meat Free Bolognese Pasta with Broccoli	Quorn & Vegetable Paella with Green Beans & Carrots	Cauliflower Cheese Roast Potatoes & Mixed Veg	Cheese & Tomato Quiche with Chips & Peas
DESSERT 1 st CHOICE	Chocolate Sponge & Chocolate Sauce	Date Slice	Sultana Scone	Apple Crumble & Ice Cream	Lemon Muffin
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Shortbread & Orange Juice	Fruit Salad	Yoghurt & Fruit
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 15th May – Friday 19th May 2017)

	Monday 15th May	Tuesday 16th May	Wednesday 17th May	Thursday 18th May	Friday 19th May
MAIN MEAL 1 st CHOICE	Pork Sausages Yorkshire Pudding Creamed Potatoes Peas & Gravy	Pasta Bolognese Broccoli Carrots & Garlic Bread	Roast Pork with Apple Sauce New Potatoes Green Beans Carrots & Swede	Breaded Chicken Pieces with Sweet & Sour Dip Vegetable Rice	Fish Fingers Chips & Baked Beans
MAIN MEAL 2 nd CHOICE	Quorn Sausages Yorkshire Pudding Creamed Potatoes Peas & Gravy	Bean Lasagne Broccoli Carrots & Garlic Bread	Cheese & Tomato Omelette New Potatoes & Salad Bowl	Quorn Strip & Vegetable Stir Fry with Vegetable Rice	Cheese & Red Pepper Quiche Chips & Baked Beans
DESSERT 1 st CHOICE	Peach Crumble & Custard	Chocolate Shortcake & Custard	Iced Sponge	Apple & Blackberry Sponge & Custard	Fruit Jelly & Ice Cream
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Fresh Fruit	Fruit Salad	Yoghurt & Flapjack
MAIN CHOICE					
DESSERT CHOICE					
Please enter 1, 2 or PL in the relevant boxes					

(Monday 22nd May – Friday 26th May 2017)

	Monday 22nd May	Tuesday 23rd May	Wednesday 24th May	Thursday 25th May	Friday 26th May
MAIN MEAL 1 st CHOICE	Chicken Burger in a Bun with Pasta Salad	Jacket Potato & Tuna Mayo with Corn Corbette	Cottage Pie Green Beans & Carrots	Roast Turkey & Stuffing Roast Potatoes Broccoli & Mixed Veg	Salmon Fish Fingers Cous Cous Peas & Sweetcorn Ketchup
MAIN MEAL 2 nd CHOICE	Tomato Pepper & Lentil Pasta with Herb Bread & Salad	Jacket Potato with Cheese & Baked Beans with Corn Cobette	Quorn Sausages & Yorkshire Pudding Mashed Potato Green Beans & Carrots	Lentil Loaf with Veg Gravy Roast Potatoes Broccoli & Mixed Veg	Cheese Pizza Pasta Salad
DESSERT 1 st CHOICE	Sticky Toffee Pudding & Custard	Apple Bakewell & Custard	Chocolate & Vanilla Marble Sponge	Lemon Love Cake & Custard	Oat Cookie & Box of Raisins
DESSERT 2 nd CHOICE	Yoghurt & Fresh Fruit	Fruit Salad	Cheese & Crackers Apple Wedge	Fruit Salad	Yoghurt & Fresh Fruit
MAIN CHOICE					
DESSERT HOICE					

Please enter 1, 2 or PL in the relevant boxes