



ARDLEIGH ST. MARY'S CHURCH OF ENGLAND (VC)
PRIMARY SCHOOL



MENU



BOOKLET



SCHOOL MENU WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked Jacket Potato	All Day Breakfast <i>Bacon, Sausage, Scrambled Egg, Hash Browns, Baked Beans, Mushrooms and / or Tomatoes</i>	Local Roast Chicken, Stuffing, Yorkshire Pudding and gravy	Beef Burger served in a Warm Bap	Cod Fish Bites
Served with various fillings, including Cheese, Baked beans, Tuna Mayonnaise and Coleslaw	OR	OR	OR	OR
	Vegetarian Breakfast <i>As above but with two Vegetarian Sausages and no Bacon</i>	Roasted Quorn Fillet with Vegetarian Gravy	Vegetable Curry and Rice	Vegi Burger
		Crispy Roast Potatoes Fresh Seasonal Vegetables Salad Bar	New Potatoes Golden Sweetcorn Salad Bar	Chipped Potatoes Garden Peas Baked Beans
Lemon Iced Cake	Ice Cream	Fresh Fruit Salad	Summer Fruit Apple Crumble and Custard	Chocolate Sponge and Custard
OR	OR	OR	OR	OR
<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>
Long Soft Roll filled with Grated Cheese Salad Bar Mix	Long Soft Roll filled with Tuna Mayonnaise Salad Bar Mix	Long Soft Roll filled with Sliced Ham Salad Bar Mix	Long Soft Roll filled with Egg Mayonnaise Salad Bar Mix	Long Soft Roll filled with Grated Cheese Salad Bar Mix
Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit	Dessert from menu or Yogurt Milk Drink Piece of Fruit

Fresh Salad Bar and Choice of Fresh Fruit or Yogurt everyday. Fresh Milk or Drinking Water available each day

References are from the Essex and Suffolk recipe book unless otherwise stated.

All menus assume 95% production of meat/protein item, 5% vegetarian.

SCHOOL MENU WEEK R

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Macaroni Cheese served with Crusty Bread	Homemade Cheese and Tomato Pizza	Local Roast Turkey, Yorkshire Pudding and gravy	Buffet Day	Butcher's Sausages Hot Dog
OR	OR	OR	<i>Roast Turkey Sliced Ham Grated Cheese Potato Salad Coleslaw Beetroot Fresh Tomatoes Cucumber Sticks Apple and Celery Salad French Bread</i>	OR
Jacket Potato with Cheese and Beans	Crispy Salmon Bites	Cheesy Bean Yorkshire		Vegetarian Sausage Hot Dog
Coleslaw Salad Bar	Garden Peas Sweetcorn Crispy Cubes and Salad	Crispy Roast Potatoes Seasonal Vegetables		Chips Baked Beans
Oat Cookie	Flapjack	Fresh Fruit Platter	Chocolate Sponge and Chocolate Sauce	Iced Smoothie
OR	OR	OR	OR	OR
<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>
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SCHOOL MENU WEEK 5

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Homemade Beef Lasagne	Homemade Chicken Nuggets	Local Roast Gammon Yorkshire Pudding and gravy	Homemade Chicken Pie served with Gravy	Oven Cod Fillet
OR	OR	OR	OR	OR
Vegetarian Lasagne	Quorn Nuggets	Quorn Fillet and Gravy	Cheesy Whirl	Vegetable Nuggets
both served with Garlic Bread				
Mixed Salad Creamy Coleslaw	Oven Baked Jacket Wedges	Crispy Roast Potatoes Seasonal Vegetables Fresh Salad Selection	New Potatoes Seasonal Vegetables Fresh Salad Selection	Chipped Potatoes Garden Peas Sweetcorn Fresh Salad Selection
Fairy Cakes	Baked Beans Salad Bar	Jelly Ice Cream	Cheese, Grapes and Crackers	Homemade Chocolate Krispie Cake
OR	OR	OR	OR	OR
<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>
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SCHOOL MENU WEEK T

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Homemade Pizza with an assortment of toppings	Spaghetti Bolognese	Local Roast Chicken, Yorkshire Pudding and Gravy	Chicken Wrap	Cod Fish Fingers
	OR	OR	OR	OR
	Cheese and Tomato Pasta Bake	Roasted Quorn Fillet	Homemade Macaroni Cheese	Vegetable Nuggets
Herby Diced Potatoes Homemade Coleslaw Fresh Salad Selection	Garlic Bread Fresh Salad Selection	Roast Potatoes Fresh Seasonal Vegetables Fresh Salad Selection	Oven Baked Jacket Wedges Salad Bar	Chipped Potatoes Garden Peas Baked Beans Fresh Salad Selection
Peaches and Ice Cream	Orange Drizzle Cake	Fresh Fruit Platter	Angel Delight with Shortbread	Homemade Oat Cookies
OR	OR	OR	OR	OR
<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>	<u>Packed Lunch</u>
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