

All @  
£2.30

DAILY FOR  
ALL.....

- ◆ Fresh organic bread basket
- ◆ Organic milk

AVAILABLE DAILY

Hot jacket potato with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Or add hot vegetables
- ◆ Choose the dessert of the day
- ◆ Top up on fresh fruit



AVAILABLE DAILY

An Organic Roll option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Choose the Dessert of the Day
- ◆ Enjoy a tasty yoghurt or fruit
- ◆ Build Your Own Roll Y4-Y6

Wk beginning: 10/9/18 + 1/10/18

Wk beginning: 17/9/18 + 8/10/18

Wk beginning: 24/9/18 + 15/10/18

**MONDAY**

Chicken Fingers  
V- Quorn  
Sweet & Sour  
  
Savoury Rice  
Sweetcorn and Broccoli  
  
Strawberry Mousse

Lasagne  
V-Veggie Burger  
Garlic Bread  
Broccoli & Carrots  
  
Mango and Orange Smoothie

Hand-made Chicken Pie  
V- Cheese Wheels  
Mashed Potatoes  
Sweetcorn & Carrots  
  
Chocolate Cake and Fruit

**TUESDAY**

Home-made Cowboy Casserole (Sausage and Beans)  
V-Quorn Sausage Casserole  
Mash Potatoes  
Green Beans & Carrots  
  
Lemon Drizzle Cake

Margarita Pizza  
V- Cheese and Tomato Pizza  
Savoury Rice  
Peas & Sweetcorn  
  
Fruity Jelly & Ice Cream

Sausage in a Hand-made Bun  
V-Quorn Sausage in a Bun  
Herby Wedges  
Peas & Beans  
  
Strawberry Jelly and Fruit

**WEDNESDAY**

Roast Turkey  
V- Cheese and Potato Pie  
Roast Potatoes  
Carrots  
Savoy Cabbage  
  
Sprinkle Cake & Fruit

Roast Gammon  
V- Bean Burritos  
Roast Potatoes  
Cauliflower & Sweetcorn  
  
Apple Crumble

Devonshire Roast Beef with Gravy  
V- Quorn Sausage  
Oven Roast Potatoes  
Broccoli & Carrots  
  
Apple Sponge Pudding

**THURSDAY**

Chicken Creamy Curry  
V- Cherry  
Tomato Quiche  
Basmati Rice  
Cauliflower & Sweetcorn  
  
Oaty Raisin Cookie and Fruit

Cottage Pie  
V- Vegetable Pie  
Cauliflower & Carrots  
  
Pineapple Upside Down Cake

Spaghetti Bolognese  
V-Five Bean Stew with Savoury Rice  
Sweetcorn & Cabbage  
  
Cookie and Fruit

**FRIDAY**

MSC Fish Fingers  
V- Vegetable Nuggets  
Chips  
Beans & Peas  
  
Ice Cream Roll and Fruity Sauce

Battered Fillet of Fish  
V- Creamy Mushroom & Quorn Pasta  
Chips  
Peas & Carrots  
Cherry Fruit Muffin

MSC fishcakes  
V- Vegetable Nuggets  
Chips  
Peas & Sweetcorn  
  
Sprinkle Cake and Fruit

## LOCAL

We use as much local and organic produce as we possibly can !!

## SEASONAL

We use seasonal fruit and vegetables

## HEALTHY DRINKS

water, organic milk, seasonal smoothies,

## QUALITY

We use higher welfare BRITISH meat, local beef, local free range pork, high meat percentage burgers and sausages. Local free range eggs, Marine Sustainable Certified fish. Fairtrade bananas, organic milk, yoghurt, pasta, rice, flour, sugar, vegetables & other ingredients where possible. Whole wheat too!!

## Rethinking School Lunches



We have listened to pupils wishes about school lunches and realise that we have drifted from our excellent meals of the past.

### We are returning to:

- Organic milk, bread, veg etc
- Made from source for all meals where possible
- Option to ask for more
- Drive to reduce waste

### We are introducing:

- Larger portions
- Organic milk as a drink option
- Organic filled rolls
- Self-service for Y4-6 to encourage independence and reduce waste
- Build your own rolls for Y4-Y6
- Revised soup variety option later in the term, if need exists

## FOOD ALLERGIES and INTOLERANCES

If you have a food allergy or intolerance  
Please email [jsparkes@shiphay.org](mailto:jsparkes@shiphay.org)  
about the ingredients in your meal,  
when making your order.

## CHOICE

There is always plenty to choose from

### FRESH & TASTY

cooked with care

**NO** nasty additives, preservatives or colourings.

**NO** GM products

**NO** mechanically reclaimed meat



## VARIETY

We have fresh fruit available DAILY served in various ways to make it fun!...

whole fruit, fruit pots, platter, melon boats and fruit kebabs!!!