

DAILY FOR ALL.....

- ◆ Fresh organic bread basket
- ◆ Organic milk
- ◆ Self Service Y4-Y6

**All @
£2.30**

Wk beginning: 10/9/18 + 1/10/18 + 30/10/18 + 19/11/18 + 10/12/18

Wk beginning: 17/9/18 + 8/10/18 + 5/11/18 + 26/11/18 + 17/12/18

Wk beginning: 24/9/18 + 15/10/18 + 12/11/18 + 3/12/18

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

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
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!!!