

**All @  
£2.30**

**DAILY FOR ALL.....**

- ◆ Fresh organic bread basket
- ◆ Organic milk
- ◆ Self Service Y3 -Y6
- ◆ Fresh fruit

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:  
7.1.19/28.1.19/25.2.19/18.3.19

Wk beginning:  
14.1.19/4.2.19/4.3.19/25.3.19

Wk beginning:  
21.1.19/11.2.19/11.3.19/1.4.19

**MONDAY**

Sausages  
Vegetarian Sausages  
Mashed Potatoes  
Gravy  
Savoury Rice  
Green Beans  
Carrots  
Iced Orange Cake

Shepherds Pie  
Sliced Potatoes  
Vegetarian Pie  
Broccoli  
Carrots  
Rhubarb and Custard Cake

Hand-made  
Turkey and Ham Pie  
Vegetarian Pie  
Mashed Potatoes  
Sweetcorn &  
Carrots  
Carrot Cake

**TUESDAY**

**Chosen by Y6  
Sycamore**

Chicken Fajitas  
Vegetable Fajitas  
Tortilla Chips  
Salad  
Apple Crumble  
Custard

Build Your Own Beef  
Burger  
Cheese  
Relish  
Salad  
Fudge Cake

Tuna and Sweetcorn  
Pasta  
Vegetarian Pasta  
Peas & Beans  
Chocolate Brownies

**WEDNESDAY**

Roast Chicken  
Quorn Roast  
Roast Potatoes  
Carrots  
Savoy Cabbage  
Ice Cream Roll  
Fruity Sauce

Roast Gammon  
Quorn Roast  
Roast Potatoes  
Cauliflower  
Sweetcorn  
Pear Sponge  
Custard

Roast Pork with Gravy  
V— Quorn Sausage  
Oven Roast Potatoes  
Broccoli & Carrots  
Baked Rice Pudding  
with Peaches

**THURSDAY**

Beef Bolognese  
Pasta Twists  
Garlic Bread  
Sweetcorn  
Broccoli  
Apple Flapjack

Creamy Chicken  
Korma Curry  
V—Quorn Korma Curry  
Rice  
Green Beans  
Apple Sponge  
Pudding

Lasagne  
V— Vegetarian  
Lasagna  
Cauliflower  
& Carrots  
Peach and Raspberry  
Cobbler

**FRIDAY**

MSC Cod Nuggets or  
Fish Fingers  
Vegetable Nuggets  
Chips  
Beans & Peas  
Fruit Smoothy

MSC Cod Nuggets or  
Fish Fingers  
V— Tortilla Layer  
Chips  
Peas & Carrots  
Banana Cake

MSC Cod Nuggets or  
Fish Fingers  
V— Vegetable  
Nuggets  
Chips  
Peas & Sweetcorn  
Sprinkle Cake  
Custard

## 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!!!