

Allerton Church Of England Primary School

Name _____

Class _____

Our school menus have been designed to provide balanced, delicious and healthy choices for your child using seasonal, local produce wherever possible

Week 1: w/c: 20.02.17, 13.03.17, 17.04.17, 08.05.17, 05.06.17,

26.06.17, 17.07.17

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Pork Sausage and Mashed Potatoes	White Fish with White Sauce and New Potatoes	Chicken Curry with Rice	Roast Chicken Dinner with Yorkshire Pudding, Mashed and Roast Potatoes	Salmon Fillet in Wholemeal Crumb with Homemade Jacket Wedges and Sweet Chilli Dip
Dish of the Day 2 (v)	Vegetable Lasagne	Vegemince Balls in Tomato Sauce with Pasta	Cheesy Bean Wrap with Savoury Rice	Vegetarian Loaf with Yorkshire Pudding, Roast and Mashed Potatoes	Homemade French Bread Pizza with Homemade Jacket Wedges
Fresh Seasonal Vegetable Selection	Peas and Sweetcorn	Carrots and Cauliflower	Sweetcorn and Broccoli	Carrots and Seasonal Cabbage	Peas and Baked Beans
Daily Salad Bar Selection					
Salad of the Day	Sweetcorn and Mixed Pepper Salad	Cous Cous Salad	Apple and Celery Salad		Pasta Salad
Sandwich of the Day	Ham Baguette	Egg Mayonnaise in Wholemeal (v)	Tuna Sub Roll	Hot Roast Day Baguette	Cheese Bap (v)
Oven Baked Jacket Potato	Baked Beans (v)	Vegetable Chilli (v)	Cheddar Cheese (v)	Tuna Mayonnaise and Sweetcorn	Coleslaw (v)
Desserts	Fruit Sponge with Custard	Jelly and Fresh Fruit	Fresh Fruit and Yoghurt	Chocolate Cherry Cake	Fun Fruit Friday

Please note all sandwiches are served with potato of the day or if this is not appropriate then served with pasta or rice salad from the salad bar

If you require any information regarding Allergens please contact Catering Leeds Head Office - 0113 3782321



FAIRTRADE



yoghurts & fresh fruit available daily



MSC Fish



local sourcing

UK farm assured meat

Free Range Eggs

freshly made

red tractor standards

INTERNATIONAL CUISINE

All menu items are subject to availability



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Week 2: w/c: 27.02.17, 20.03.17, 24.04.17, 15.05.17, 12.06.17,

03.07.17, 24.07.17.

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Chicken Curry with Rice	White Fish with White Sauce and New Potatoes	Beef Bolognese served with Pasta Twists	Roast Turkey Dinner with Yorkshire Pudding, Mashed and Roast Potatoes	Battered Fish and Chips
Dish of the Day 2 (v)	Mild Vegetarian Chilli served with Rice	Vegetarian Lasagne with Crusty Bread	Vegetable Curry with Rice & Chapatti	Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes	Tortilla Pizza and Chips
Fresh Seasonal Vegetable Selection	Green Beans and Sweetcorn	Cauliflower and Carrots	Broccoli and Roasted Vegetables	Broccoli and Seasonal Cabbage	Peas and Baked Beans
Daily Salad Bar Selection					
Salad of the Day	Mixed Bean Salad	Raita Salad	Carrot and Orange Salad		Winter Coleslaw
Sandwich of the Day	Egg Mayo in Wholemeal Bread (v)	Ham and Tomato Sub Roll	Tuna Mayo Wrap	Hot Roast Day Baguette	Cheese Sandwich (v)
Oven Baked Jacket Potato	Cheese (v)	Tuna and Sweetcorn	BBQ Beans (v)	Fruity Coleslaw (v)	Vegetable Tikka (v)
Desserts	Fresh Fruit and Yoghurt	Chocolate Brownie Cheesecake	Fresh Fruit and Yoghurt	Oat Cookie	Fun Fruit Friday

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Week 3: w/c: 06.03.17, 27.03.17, 01.05.17, 22.05.17, 19.06.17,

10.07.17

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Beef Lasagne served with Crusty Bread	White Fish with White Sauce and New Potatoes	BBQ Chicken Pizza with Homemade Jacket Wedges	Roast Beef Dinner with Yorkshire Pudding, Mashed and Roast Potatoes	Fish Bites with Herby Diced Potatoes
Dish of the Day 2 (v)	Vegetarian Sausage Hot Pot	Vegetable Curry with Rice & Chapatti	Vegetable Moussaka with Crusty Bread	Vegetarian Cottage Pie with Yorkshire Pudding & Roast Potatoes	Vegetarian Grill in a Bun with Salad Garnish and Herby Diced Potatoes
Fresh Seasonal Vegetable Selection	Peas and Sweetcorn	Seasonal Cabbage and Carrots	Sweetcorn and Broccoli	Cauliflower and Carrots	Peas
Daily Salad Bar Selection					
Salad of the Day	Couscous Salad	Cheesy Coleslaw	Pasta Salad		Tomato, Sweetcorn and Pepper Salsa Salad
Sandwich of the Day	Ham Baguette	Cheese in Wholemeal Bread (v)	Egg Mayonnaise Sub Roll (v)	Hot Roast Baguette	Tuna and Cucumber in Wholemeal Bread
Oven Baked Jacket Potato	Baked Beans (v)	Vegetarian Bolognaise (v)	Cheese (v)	Tuna and Cucumber	Coleslaw (v)
Desserts	Fresh Fruit and Yoghurt	Apple and Berry Rice Pudding	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fruit Crumble with Custard

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