

School Dinner Menu Main Course Selection

In order for us to try to ensure all children get their first choice of main course, something that they like to eat and reduce waste; we are introducing a pre-order system.

Every day there will be a **meat/fish/main course** and a **vegetarian course** and on most days there will also be an **alternative choice** which may be another dish, jacket potato with a choice of fillings, sandwich, or plain pasta dish.

Vegetables, salad, potatoes, bread and a choice of desert, fresh fruit and yoghurt will be available everyday too as listed on the full menu.

This form must be completed in full and returned to the office no later than **Wednesday 19th July**.

Each morning before lunchtime children will be issued with a wristband of the appropriate colour. They will be served that dish at lunchtime. Any special dietary needs will continue to be catered for.

Child's name _____

Class _____

	WEEK ONE Served w/c 4 th and 25 th Sept, 16 th Oct, 13 th Nov, 4 th Dec	Colour Band Tick Please	WEEK TWO Served w/c 11 th Sept, 2 nd and 30 th Oct, 20 th Nov, 11 th Dec	Colour Band Tick Please	WEEK THREE Served w/c 18 th Sept, 9 th Oct, 6 th and 27 th Nov, 18 th Dec	Colour Band Tick Please
MONDAY	Quorn Tikka Masala & Brown Rice	Red	Organic Pork Meatballs in Tomato Sauce with Noodles	Red	Pasta Bolognese	Red
	Baked Potato with Mixed Beans ✓	Green	Cheese, Leek and Potato Bake ✓	Green	Roasted Vegetable Tomato Pasta ✓	Green
	Vegetable Wrap ✓	Yellow	Jacket Potato with assorted fillings	Yellow	Jacket Potato with assorted fillings	Yellow
TUESDAY	Homemade Sausage Roll	Red	Cottage Pie	Red	Minced Beef & Dumplings	Red
	Vegetable Frittata ✓	Green	Vegetable Curry & Rice ✓	Green	Sweet Potato & Vegetable Bake ✓	Green
	Jacket Potato with assorted fillings	Yellow	Pitta Bread with assorted fillings	Yellow	Jacket Potato with assorted fillings	Yellow
WEDNESDAY	Roast Beef and Yorkshire Pudding	Red	Roast Chicken, Stuffing & Gravy	Red	Chicken Korma & Savoury Rice	Red
	Wholewheat Vegetable Pastie ✓	Green	Crumb Topped Vegetable Bake ✓	Green	Vegetable Korma & Savoury Rice ✓	Green
	Jacket Potato with assorted fillings ✓	Yellow	Jacket Potato with assorted fillings	Yellow	Vegetable Cowboy Pie ✓	Yellow
THURSDAY	Chicken Fingers (Sage & Onion)	Red	Pizza	Red	Tex Mex Bake (Minced Beef & Potato Layer)	Red
	Vegetable Lasagne ✓	Green	Pea and Potato Croquette ✓	Green	Cheese and Tomato Pasta Bake ✓	Green
	Jacket Potato with assorted fillings ✓	Yellow	Tuna Pasta Bake	Yellow	Jacket Potato with assorted fillings	Yellow
FRIDAY	Battered Fish	Red	Breaded Salmon Fillet Tomato Sauce	Red	Fish Fingers	Red
	Cheese Topped Veggie Burger in a Bun ✓	Green	Macaroni Cheese ✓	Green	Cheese and Potato Quesadilla ✓	Green
	Fish Fingers	Yellow	Fish Fingers	Yellow	Jacket Potato with assorted fillings	Yellow