







Barlow C of E Primary School Autumn/Spring Term Menu 2023-24 Week 1
 – w/c 06.11.23, 27.11.23, 18.12.23, 22.01.24, 19.02.24, 11.03.24

Child's Name						
	 Monday	Tuesday	Wednesday	Thursday	Friday	
Main Dish	 Pasta bake	Minced beef pie with mashed potato	Roast chicken, with Yorkshire pudding, roast potatoes & gravy	Chicken Korma with 50/50 rice	Fish fingers or salmon fingers with chunky chips	
Vegetarian Option			Vegetarian toad in the hole with roast potatoes & gravy		Vegetarian burger with chips	
Jacket Potato Option	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	
Panini Option	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	
Accompaniments	 Bread plus seasonal vegetables or salad bar served daily to accompany every meal chosen					
Dessert OR	Fruit crumble & custard	Raspberry bun	Oaty flapjack	Marble sponge & custard	Fruit jelly	
Fresh Fruit or Yoghurt	 Fresh fruit or yoghurt	 Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	
Any dietary requirements						

☐ Tick if you would like a paper copy of the menu sending home.

Try something NEW today...
 Variety is key to a healthy diet.

MENU 



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)