





Barlow C of E Primary School Summer/Autumn Term Menu 2024 Week 1
w/c 08th & 29th Apr, 20th May, 17th June, 8th July, 9th & 30th Sept, 21st Oct

Child's Name	Monday		Tuesday	Wednesday	Thursday	Friday
Main Dish	MEAT FREE Cheese & tomato pasta 	All Day Breakfast (Omelette, sausage, beans, mushrooms)		Roast chicken, with Yorkshire pudding, roast potatoes & gravy	Chicken pizza with potato wedges	Fish fingers with chips
Vegetarian Option				Vegetarian sausages with Yorkshire pudding, roast potatoes & gravy	Cheese pizza with potato wedges	Cheese & onion pasty 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)	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)	Cheese or tuna mayo panini (circle 1 filling choice)
Accompaniments	5 A DAY Bread plus seasonal vegetables or salad bar served daily to accompany every meal chosen 					
Dessert OR	Plain sponge & custard	Lemon shortbread	Jelly & fruit 	Ginger cake	Fruity Friday (melon, grape & orange medley) 	
Fresh Fruit or Yoghurt	5 A DAY Fresh fruit or yoghurt	5 A DAY Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit (as above) or fruit yoghurt

Any dietary requirements

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

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

MENU 



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)