

Barlow C of E Primary School Summer/Autumn Term 2024 Menu - Week 3
w/c 22nd Apr, 13th May, 10th June, 1st July, 2nd & 23rd Sept, 14th Oct

Child's Name					
Menu	Monday	Tuesday	Wednesday	👨‍🍳 Thursday	Friday
Main Dish	Veggie fingers with potato wedges 👨‍🍳	Chicken Korma with rice	Sausage, mashed potato and Yorkshire pudding	Margherita pizza with potato wedges 5 A DAY	Fish fingers with chunky chips
Vegetarian Option			Quorn™ sausage, mashed potato & Yorkshire pudding Pb		Quorn™ nuggets with chunky 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	5 A DAY Bread plus seasonal vegetables or salad bar served daily to accompany every meal chosen				
Dessert OR	Chocolate orange muffin	Jam & coconut sponge cake with custard 5 A DAY	Jelly & fruit Pb	Chocolate cookie	Fruit & ice cream 5 A DAY
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					

MENU

Eating all your fruit & veg will help you grow **BIG** and **STRONG** (like me!)

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

KEY 5 A DAY - 1 OF YOUR 5 A DAY MEAT FREE - MEAT-FREE MONDAY 👨‍🍳 - CHEF'S CHOICE Pb - PLANT-BASED (VEGAN)

