

**Barlow Primary School – Autumn 2021 Menu Selection – WEEK 1**  
**(week commencing 6<sup>th</sup> & 27<sup>th</sup> Sept, 18<sup>th</sup> Oct, 15<sup>th</sup> Nov, 6<sup>th</sup> Dec)**

Child's Name: \_\_\_\_\_

Please tick the selected choice for each day, £2.75 per day, £13.75 per week.



Monday	Tuesday	Wednesday	Thursday	Friday
Beef burger in a bun with chipped potatoes, peas & carrots	(V) Macaroni cheese with green beans & sweetcorn	Roast chicken with sage & onion stuffing & gravy, roast potatoes, medley of vegetables	Mexican tortilla boats with savoury rice, carrots & broccoli	Fish & sweet potato cake with ½ jacket potato, baked beans & peas
OR	OR	OR	OR	OR
Jacket potato with tuna/beans (Please circle one)	Jacket potato with cheese/tuna (Please circle one)	Jacket potato with beans/vegetable curry (Please circle one)	Jacket potato with cheese/beans (Please circle one)	Jacket potato with chicken & sweetcorn/tuna (Please circle one)
OR	OR	OR	OR	OR
Ham sandwich OR Ham & tomato panini (Please circle one) Served with chips	Egg mayo sandwich OR Cheese panini (Please circle one) Served with pasta	Chicken sandwich OR Roast vegetable panini (Please circle one) Served with potato wedges	Tuna mayo sandwich OR Chicken & Tomato panini Served with pasta	Cheese sandwich OR Tuna panini (Please circle one) Served with pasta
Sticky apple bars	Cheese & crackers	Fruit muffin		Chocolate banana sponge & chocolate sauce
OR	OR	OR		OR
Fresh fruit/yoghurt (Please circle one)	Fresh fruit/yoghurt (Please circle one)	Fresh fruit/yoghurt (Please circle one)	Fresh fruit/yoghurt (Please circle one)	Fresh fruit/yoghurt (Please circle one)
OR	OR	OR	OR	OR
Packed lunch	Packed lunch	Packed lunch	Packed lunch	Packed lunch

Any special dietary requirements: \_\_\_\_\_

(V) Vegetarian option

All hot lunches are served with a portion of crusty, 50/50, wholemeal or pitta bread.

Please tick the box if you would like a copy of the completed menu to be returned home.