

## (S) = Seasonal Vegetables

## THORPE PRIMARY SCHOOL AUTUMN MENU

Date ...12/11/18..

all of our meat is Halal except Pork products

## FOR INFORMATION ONLY - PLEASE ORDER ONLINE VIA PARENTPAY

\*\*All of our meals are Home Made with Fresh Vegetables\*\*Fresh Bread is available every day 🔵 \*\*Meals with this symbol 🕟 are Gluten Free option\*\*

Week 1	MONDAY	TUESDAY	Roast D <mark>inne</mark> r Day	THURSDAY	FRIDAY		
Choice 1	Beef Spaghetti Bolognese & Garlic Bread	Pepperoni Pizza & Wedges	Roast Beef with Yorkshire Pudding & Roast Potatoes	Chicken Tikka with Rice and a Cucumber & Mint Dip	Chip Shop Fish & Chips		
Choice 2	Spaghetti with a Tomato & Basil Pasta Sauce with Garlic Bread	Cheese Pizza & Wedges	Herby Vegetables in a Yorkshire Pudding with Roast Potatoes	Vegetable Pakora with Rice and a Mint Dip	Egg & Chips		
Choice 3	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)		
Choice 4	Cheese Savoury Pasta Pot	Tuna & Sweetcorn Sandwich with Cherry Tomatoes	Egg Roll with Cucumber Sticks	Wholemeal Beef Sandwich & Salad	Chicken Tikka & Iceberg Lettuce Pitta 🚫		
Choice 5	Cheese Sandwich with Cherry Tomatoes						
To go with		Peas	Brussels	Sweetcorn	Carrots		
	Salad Bar	Baked Beans	Carrots	Broccoli	Peas/Broad Beans		
		Salad Bar	Salad Bar	Salad Bar	Salad Bar		
*** Yoghurt & Fresh Fruit are available every day ***							
Dessert	Lemon Iced Sponge	Selection of Ice Cream	Cherry Crumble	Gooey Orange Pudding	Mini Cookie & 1/2 piece of Fruit		

Please make your choice by ordering online via Parent Pay

KS1 = FREE, Year 3 - Year 6 = £2.20 per meal

Please note, in order to meet nutritional guidelines, lunch choice 3, the jacket potato option, is intended as a complete meal. Whilst the 'to go with ...' option is available it is not recommended under current guidelines.