

Name \_\_\_\_\_ Class \_\_\_\_\_

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| Week 1 w/b 2 October 17  |   |
|--|---|
| Mon  | Lincolnshire Sausages in gravy, mashed potatoes & garden peas                   |
|  | Potato, Cheese and Broccoli bake, mashed potatoes & garden peas                 |
|  | Jacket Potato with cheese & salad   |
| Peach sponge with custard or fruit yoghurt/fresh fruit                       |   |
| Tues   | Roast beef in gravy, yorkshire pudding, roast potatoes, seasonal veg            |
|  | Mediterranean vegetable tart, yorkshire pudding, roast potatoes, seasonal veg   |
|  | Jacket Potato, tuna & Sweetcorn mayo,   |
| Fruit jelly & mandarins with cream or fruit yoghurt/fresh fruit              |   |
| Wed  | Minced beef & potato pie with seasonal vegetables and gravy                     |
|  | Jacket potato, cheese and beans   |
|  | Jacket potato, coleslaw & salad   |
| Sponge & chocolate sauce, yoghurt or fresh fruit                             |   |
| Thurs  | Mini fillet of chicken in a finger roll, herby diced potatoes & corn on the cob |
|  | Cheese & tomato wholemeal pizza, herby diced potatoes & corn on the cob         |
|  | Jacket Potato with cheese and spaghetti hoops                                   |
| American style pancakes with fruit and cream or fruit yoghurt or fresh fruit |   |
| Friday   | Fillet of fish, mini potato rosti and baked beans                               |
|  | Vegetable fingers, mini potato rosti and baked beans                            |
|  | Jacket Potato, chicken & bacon mayo   |
| Cookie or fruit yoghurt or fresh fruit                                       |   |

| Week 2 w/b 9 October 17                                |   |
|--|---|
| Mon  | Cheese & tomato pizza, herby diced potatoes & sidesalad             |
|  | Southern fried Quorn fillet, herby diced potatoes & sidesalad       |
|  | Jacket Potato, mild mixed bean & veg chilli                         |
| Rock cake or fruit yoghurt or fresh fruit              |   |
| Tues   | Braising steak in gravy with mashed potato and seasonal vegetables  |
|  | Quorn meatballs in gravy with mashed potato and seasonal vegetables |
|  | Jacket Potato, cheese and spaghetti hoops                           |
| Ring donut or yoghurt or fresh fruit                   |   |
| Wed  | Roast Turkey in gravy, stuffing, roast potatoes, seasonal veg       |
|  | Quorn sausages in gravy, stuffing roast potatoes, seasonal veg      |
|  | Jacket potato, chicken & bacon mayo                                 |
| Banana and chocolate ice cream or fruit yoghurt/ fruit |   |
| Thurs  | Mild fruity chicken curry & basmati rice, naan bread, sidesalad     |
|  | Jacket Potato with cheese & beans                                   |
|  | Jacket Potato, tuna & sweetcorn mayo & sidesalad                    |
| Chocolate mousse slice or fruit yoghurt/fresh fruit    |   |
| Friday   | Salmon nuggets, mashed potatoes and baked beans                     |
|  | Cheese & tomato omelette, mashed potatoes & baked beans             |
|  | Jacket Potato with cheese, salad                                    |
| Honey & apricot flapjack or yoghurt/fresh fruit        |   |

| Week 3 w/b 30 October 17   |   |
|--|---|
| Mon  | Breaded chicken fillet, new potatoes and corn on the cob          |
|  | Southern fried Quorn fillet, new potatoes and corn on the cob     |
|  | Jacket Potato, cheese & crunchy veg sticks                        |
| Swirly strawberry mousse pots or fruit yoghurt/fresh fruit         |   |
| Tues   | Beef meatballs in tomato sauce, with pasta and salad              |
|  | Quorn meatballs in tomato sauce, with pasta and salad             |
|  | Jacket Potato, beans & mini vegetarian sausages                   |
| Jelly and fruit or fruit yoghurt/fresh fruit                       |   |
| Wed  | Battered cod fillet, herby diced potatoes and peas/sweetcorn      |
|  | Cheese & tomato pizza, herby diced potatoes and peas/sweetcorn    |
|  | Jacket potato, coleslaw & crunchy veg                             |
| Chocolate sponge & strawberry custard or fruit yoghurt/fresh fruit |   |
| Thurs  | Roast Turkey in gravy with stuffing, roast potatoes, seasonal veg |
|  | Sweet potato & vegetable pie, roast potatoes, seasonal veg        |
|  | Jacket Potato with chicken & sweetcorn mayo and crunchy veg       |
| Fruit crumble & custard or fruit yoghurt/fresh fruit               |   |
| Friday   | Sizzling sausage in a roll with twister potatoes and salad        |
|  | Quorn sausage in a roll with twister potatoes and salad           |
|  | Jacket Potato beans & cheese                                      |
| Toffee tart & cream or fruit yoghurt/fresh fruit                   |   |

All meals cost £2.20. Cheque payable to Ermine Primary Academy.

You can order weekly or every three weeks. Orders in by 9.15am on a Thursday for the following week

If your child does not want a school meal please return the form with your child's name and the dinners crossed through.

Total Cost £..... Free school meal

Foundation/KS1 universal free meal

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Total Cost £..... Free school meal

Foundation/KS1 universal free meal