

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Cheese and tomato Pasta bake	Homemade chicken pie	Roast chicken with Yorkshire pudding and gravy	Beef burritos	Seadog, Jumbo fish finger in a soft roll
 Vegetarian Option	Sweet potato rosti	Homemade vegetable parcel	Quorn fillet	Linda McCartney veggie meatball wrap	Veggie nuggets
 Jacket Option	Jacket Potato with Tuna Mayo, Cheese, Beans or Butter with salad	Jacket Potato with Tuna Mayo, Cheese, Beans or Butter with salad	Jacket Potato with Tuna Mayo, Cheese, Beans or butter with salad	Jacket Potato with Tuna Mayo, Cheese, Beans or butter with salad	Jacket Potato With Tuna Mayo, Cheese, Beans or Butter with salad
 Hot Pasta Option	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables
 Side dishes	Homemade garlic bread, sweetcorn	Roast new potatoes, broccoli and sweetcorn	Roast Potatoes, carrots and broccoli	Wholegrain and white rice, green beans	Chips Garden Peas
 Salads	Served with Baguettes				
 Baguette (KS2 only)	Ham, Cheese or Tuna Mayo	Ham, Cheese or Tuna Mayo.	Hot chicken baguette with Roast Potatoes and Salad.	Ham, Cheese or Tuna Mayo.	Ham, Cheese or Tuna Mayo.
 Dessert	Fresh fruit pot Yoghurt or jelly	Frozen fruit smoothie Yoghurt or jelly	Angel delight Yoghurt or jelly	Iced sponge cake Yoghurt or jelly	Oat cookie Yoghurt or jelly
 Drinks	Fresh Milk or Water	Apple Juice, Fresh Milk or Water			



Here is the Chancellor Park dinner menu –
Starting: Monday 7th September 2020

Good health is important for everyone and there is a national drive to secure, maintain and improve children's and young people's health.

One of the ways of doing this is by setting minimum nutritional standards for lunches for children in schools. Therefore, we have created new menus that are balanced and in line with government health targets and new nutritional standards.

For children of primary school age this means:

- ✓ A balanced diet with variety and enough energy for growth and development
- ✓ Plenty of fruit and vegetables
- ✓ Plenty of fibre rich foods such as bread, pasta and potatoes
- ✓ Not eating too many foods containing lots of fat, especially saturated fat
- ✓ Moderate amounts of meat, fish or alternatives
- ✓ Not having sugary foods and drinks too often.

We have worked hard to ensure that our children are offered high quality meals at an affordable price.

Therefore:

- ✓ All meat and vegetables are fresh and locally sourced
- ✓ All vegetables and salads are fresh and prepared at the school (excluding sweetcorn and peas)
- ✓ Wholemeal bread is baked in our kitchens and is available on most days
- ✓ Our food is cooked using oven baking only

HAPPY EATING!

Mrs Watts and her team

WEEK 1

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Homemade Pepperoni Pizza	Homemade Popcorn chicken served with a homemade tomato sauce	All day breakfast. Sausage, bacon and omelette	Spaghetti Bolognese	Omega 3 fish fingers
 Vegetarian Option	Homemade Cheese and Tomato Pizza	Vegetable frittata	Veggie breakfast. 2 veggie sausages and omelette	Quorn chilli and rice	Cheese and tomato swirl
 Jacket Option	Jacket Potato with Tuna Mayo, cheese, beans or Butter and salad	Jacket Potato with Tuna Mayo, cheese, beans or butter and salad	Jacket Potato with Tuna Mayo, cheese, beans or butter and salad	Jacket Potato with tuna mayo, cheese, beans or butter and salad	Jacket Potato with Tuna Mayo, Cheese, beans or butter and salad
 Hot Pasta Option	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables
Side dishes	Tri colour tomato pasta, sweetcorn	Wholegrain and white rice, broccoli	Hash brown	Homemade garlic bread and sweetcorn	Chips Garden Pea
 Salads	Served with Baguettes				
Baguette (KS2 only) 	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad	Vegetarian sausage /sausage baguette, with salad	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad
 Desserts	Fruit platter Yoghurt or Jelly	Angel delight Yoghurt or jelly	Vanilla cupcake Yoghurt or jelly	Chocolate Arctic roll Yoghurt or jelly	Homemade shortbread Yoghurt or jelly
 Drinks	Fresh Milk or Water	Apple Juice, Fresh Milk or Water			

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Cheese and tomato pasta bake	Chinese style chicken curry	Roast gammon and Yorkshire puddings	Nacho chicken (topped with homemade tomato sauce and crushed nachos)	Sausage in a roll
 Vegetarian Option	Macaroni Cheese	Chinese style vegetable curry	Quorn dippers and Yorkshire pudding	Nacho Quorn	Veggie sausage in a roll
 Jacket Option	Jacket Potato with Tuna Mayo, Cheese beans or butter and salad	Jacket Potato with Tuna Mayo Cheese, beans or butter and salad	Jacket Potato with Tuna Mayo, Cheese, beans or butter and salad	Jacket Potato with Tuna Mayo, Cheese, beans or butter and salad	Jacket Potato with Tuna Mayo, Cheese, beans or butter and salad
 Hot Pasta Option	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with vegetables
Side dishes	Homemade Garlic Bread Sweetcorn	Wholegrain and white rice, sweetcorn and peas	Roast potatoes, roast root vegetables and carrots	Mixed rice with green beans	Chips, Sweetcorn
 Salads	Served with Baguettes	Served with Baguettes	Served with Baguettes	Served with Baguettes	Served with Baguettes
Baguette (KS2 only) 	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad	Hot gammon baguette with roast potatoes and salad	Ham, cheese or tuna mayo, with salad	Ham, cheese or tuna mayo. With salad
 Desserts	Fresh fruit salad Fruit, yoghurt or jelly	Angel delight Fruit, yoghurt or jelly	Citrus jelly pots	Homemade chocolate brownie Fruit, yoghurt or jelly	100% fruit ice lolly Fruit, yoghurt or jelly.
 Drinks	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Apple Juice, Fresh Milk or Water