

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Pasta bake with ham	Sweet winter chicken	Chicken Pie with a puff pastry lid	Beef burritos	Fish fingers served in a soft roll
 Vegetarian Option		Sweet winter Quorn	Vegetable puff pastry parcel	Veggie meatball wrap	Southern crumb quorn burger
 Jacket Option	Jacket Potato with Tuna Mayo, Cheese, or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato With Tuna Mayo, Cheese or Beans
 Hot Pasta Option	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad
 Side dishes	Crusty bread, sweetcorn	Wholegrain and white rice and sweetcorn	Roast Potatoes, carrots and broccoli	Wholegrain and white rice, green beans	Chips and Garden Peas
 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	Ham, Cheese or Tuna Mayo with salad	Ham, Cheese or Tuna Mayo with salad	Ham, Cheese or Tuna Mayo with salad
 Dessert	Crumble and custard Fruit, Yoghurt or jelly	Fruit Salad Fruit, Yoghurt or jelly	School's favourite cookie Fruit, yoghurt or jelly	Angel Delight Fruit, Yoghurt or jelly	100% fruit 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



Here is the Chancellor Park dinner menu –
Starting: Monday 2nd November 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)
- ✓ 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 Cheese and Tomato Pizza	Crunchy coated chicken served with a homemade tomato sauce	Roast Gammon	Spaghetti Bolognese	Omega 3 fish fingers
 Vegetarian Option		Crunchy coated Quorn fillet	Cheese and tomato swirl	Quorn Bolognese	Omelette
 Jacket Option	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with tuna mayo, cheese, or beans	Jacket Potato with Tuna Mayo, Cheese or beans
 Hot Pasta Option	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad
Side dishes	Tri colour tomato pasta, sweetcorn	Wholegrain and white rice, broccoli	Roast potatoes, broccoli, carrots, Yorkshire pudding, gravy	Homemade garlic bread and sweetcorn	Chips Garden Peas or 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	Gammon baguette with roast potatoes and salad	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad
 Desserts	Warm pancake with bananas and syrup Fruit, yoghurt or jelly	Fruit salad Fruit, yoghurt or jelly	Rice Crispy cake Fruit, yoghurt or jelly	Chocolate Mousse Fruit, yoghurt or jelly	Vanilla sponge and custard 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

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Macaroni Cheese	Sausage twist	Chicken Korma	Beef Lasagna	Fish Fillet
 Vegetarian Option		Vegetarian sausage twist	Vegetarian Korma	Quorn mince lasagna	Quorn dippers
 Jacket Option	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with Tuna Mayo, cheese or beans	Jacket Potato with tuna mayo, cheese, or beans	Jacket Potato with Tuna Mayo, Cheese or beans
 Hot Pasta Option	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with salad
Side dishes	Garlic Bread Sweetcorn	Diced potatoes, baked beans or peas	Wholegrain and white rice and green beans	Crusty bread and peas	Chips, and 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	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo, with salad	Ham, cheese or tuna mayo. With salad
 Desserts	Chocolate sponge Fruit, yoghurt or jelly	Fruit jelly Fruit, yoghurt or jelly	Gingerbread biscuit Fruit, yoghurt or jelly.	Rice pudding Fruit, yoghurt or jelly	Peaches and ice-cream 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