









## WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Dish of the Day</b>	Pepperoni Pasta Bake	Chicken pieces served with either, tomato, sweet chilli or sweet and sour sauce.	Homemade sausage Roll	Beef burrito	Fish fillet
 <b>Vegetarian Option</b>	Vegetable Frittata	Quorn pieces with either Tomato, sweet chilli or sweet and sour sauce	Vegetarian Sausage roll	Quorn mince burrito	Vegetable and cheese quesadillas
 <b>Jacket Option</b>	Jacket potato with tuna mayo, cheese, or beans and salad	Jacket potato with tuna mayo, cheese or beans and salad	Jacket potato with tuna mayo, cheese or beans and salad	Jacket potato with tuna mayo, cheese, or beans and salad	Jacket potato with tuna mayo, cheese or beans and salad
 <b>Hot Pasta Option</b>	Served in a homemade tomato sauce, with peas	Served in a homemade tomato sauce, with sweetcorn	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with green beans	Served in a homemade tomato sauce, with peas
 <b>Side dishes</b>	Crusty bread, peas	Noodles and sweetcorn	Diced Potatoes, baked beans	Wholegrain and white rice, green beans	Chips, baked beans or peas
 <b>Baguette (KS2 only)</b>	Ham, Cheese or Tuna Mayo. With salad	Ham, Cheese or Tuna Mayo. With salad	Roast chicken baguette. With salad	Ham, Cheese or Tuna Mayo. With salad	Ham, Cheese or Tuna Mayo. With salad
 <b>Dessert</b>	Healthy fruit day  Fruit, Yoghurt or Jelly	Home baked chocolate sponge  Fruit, Yoghurt or Jelly	Healthy fruit day  Fruit, Yoghurt or Jelly	Homemade shortbread biscuit  Fruit, Yoghurt or Jelly.	Ice cream pot  Fruit, Yoghurt or Jelly.
 <b>Drinks</b>	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water



Here is the Chancellor Park dinner menu –  
**Starting: Tuesday 19<sup>th</sup> April 2022**

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, peas and green beans)
- ✓ Our food is cooked using oven baking only

**HAPPY EATING!**

**Mrs Watts and her team**

## WEEK 1

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Dish of the Day</b>	Cheese and tomato pizza	Chicken fajitas	All day breakfast. Sausage and bacon	Spaghetti bolognaise	Omega 3 fish fingers
 <b>Vegetarian Option</b>		Quorn fajitas	Vegetarian breakfast. Sausages	Quorn bolognaise	Quorn dippers
 <b>Jacket Option</b>	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
 <b>Hot Pasta Option</b>	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with green beans	Served in a homemade tomato sauce, with vegetables	Served in a homemade tomato sauce, with broccoli	Served in a homemade tomato sauce, with sweetcorn
<b>Side dishes</b>	Sweetcorn, salad	Wholegrain and white rice, green beans	Hash brown, omelette, beans, tomatoes, mushrooms	Broccoli and crusty bread	Chips peas and sweetcorn
 <b>Baguette (KS2 only)</b>	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad	Bacon baguette with hash brown	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad
 <b>Desserts</b>	Healthy fruit day  Fruit, yoghurt or Jelly	Angel delight  Fruit, yoghurt or jelly	Healthy fruit day  Fruit, Yoghurt or jelly	Vanilla sponge  Fruit, yoghurt or jelly	Scone with jam and cream  Fruit, yoghurt or jelly
 <b>Drinks</b>	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Dish of the Day</b>	Macaroni cheese	Chicken tikka with naan	Roast gammon with Yorkshire pudding	Sausage meat meatballs in tomato sauce	Omega 3 fish fingers
 <b>Vegetarian Option</b>		Sweet potato and lentil curry with naan	Quorn fillet with yorkshire pudding	Vegetarian meatballs in tomato sauce	Omelette
 <b>Jacket Option</b>	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
 <b>Hot Pasta Option</b>	Served in a homemade tomato sauce, with peas	Served in a homemade tomato sauce, with green beans	Served in a homemade tomato sauce, with salad	Served in a homemade tomato sauce, with peas	Served in a homemade tomato sauce, with sweetcorn
<b>Side dishes</b>	Peas and garlic bread	Wholegrain and white rice and green beans	Roast potatoes, broccoli and carrots	Spaghetti and peas	Chips, baked beans or sweetcorn
 <b>Baguette (KS2 only)</b>	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad	Hot gammon roll, roast potatoes. With salad	Ham, cheese or tuna mayo. With salad	Ham, cheese or tuna mayo. With salad
 <b>Desserts</b>	Fruit salad  Fruit, yoghurt or jelly	Home baked sponge  Fruit, yoghurt or jelly	Healthy fruit day  Fruit, yoghurt or jelly.	Arctic roll  Fruit, yoghurt or jelly	Homemade oat cookie  Fruit, yoghurt or jelly.
 <b>Drinks</b>	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water