

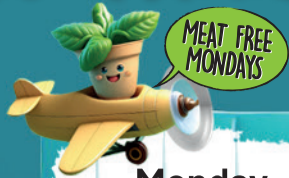
# SANDHURST PRIMARY SCHOOL YR 5 AND 6



WINTER 2024

## WEEK 1

02/09, 23/09, 14/10, 11/11, 02/12



### Option 1

Cheese and Tomato Pizza with Potato Wedges

### Tuesday.

Beef Pie with New Potatoes

### Wednesday.

Roast Turkey with Roast Potatoes and Gravy

### Thursday.

Chicken Curry with Rice

### Friday.

Fish Fingers with Chips and Tomato Ketchup

### Option 2 v Vegetarian

Vegetable and Lentil Curry with Rice (Ve) v

Vegetarian Sausage Roll with New Potatoes (Ve) v

Roast Quorn with Roast Potatoes and Gravy v

Macaroni Cheese v

Vegetable Nuggets with Chips and Tomato Ketchup (Ve) v

### Option 3

Pasta with Tomato Sauce (Ve)

Cheese Panini

Pasta with Tomato Sauce and Grated Cheese

Tuna Panini

Pasta with Tomato Sauce (Ve)

### Vegetables

Sweetcorn Peas

Carrots Green Beans

Broccoli Sweetcorn

Carrots Green Beans

Baked Beans Garden Peas

### Dessert

Jam Tart (Ve) and Custard

Apple Crumble (Ve) and Custard

Fruit Salad (Ve)

Chocolate Cookie with Apple Slices (Ve)

Sprinkle Iced Sponge

## WEEK 2

09/09, 30/09, 21/10, 18/11, 09/12

### Option 1

Cheese and Tomato Turnover with Potato Wedges

### Tuesday.

Beef Bolognese with Pasta

### Wednesday.

Sausages with Mashed Potato and Gravy

### Thursday.

Sticky Chicken with Rice

### Friday.

Breaded Fish with Chips and Tomato Ketchup

### Option 2 v Vegetarian

Spinach, Potato and Chickpea Curry with Rice v

Veggie Bolognese with Pasta (Ve) v

Quorn Sausages (Ve) with Mashed Potato and Gravy v

Veggie Cottage Pie v

Vegetable Nuggets with Chips and Tomato Ketchup (Ve) v

### Option 3

Pesto Pasta (Ve)

Tuna Panini

Pasta with Tomato Sauce and Grated Cheese

Cheese Panini

Pasta with Tomato Sauce (Ve)

### Vegetables

Carrots Green Beans

Peas Sweetcorn

Green Beans Carrots

Sweetcorn Broccoli

Baked Beans Garden Peas

### Dessert

Vanilla Custard Shortbread with Raisins (Ve)

Jaffa Cake Pudding (Ve) with Chocolate Sauce

Fruit Salad (Ve)

Apple Pie (Ve) and Custard

Rice Pudding with Jam Sauce

## WEEK 3

16/09, 07/10, 04/11, 25/11, 16/12

### Option 1

Cheese and Tomato Pizza with Potato Wedges

### Tuesday.

Beef Pasta Bake topped with Cheese

### Wednesday.

Roast Chicken with Roast Potatoes and Gravy

### Thursday.

BBQ Chicken with Rice and Tortilla Chips

### Friday.

Fish Fingers or Salmon Fingers with Chips and Tomato Ketchup

### Option 2 v Vegetarian

Quorn Hot Dog with Potato Wedges (Ve) v

Vegetable Lasagne v

Broccoli Cheese Bake with Roast Potatoes v

Bean Chilli with Rice and Tortilla Chips (Ve) v

Vegetable Nuggets with Chips and Tomato Ketchup (Ve) v

### Option 3

Pasta with Tomato Sauce and Grated Cheese

Cheese Panini

Pasta with Tomato Sauce (Ve)

Tuna Panini

Pasta with Tomato Sauce (Ve)

### Vegetables

Carrots Sweetcorn

Peas Cauliflower

Steamed Cabbage Carrots

Carrots Green Beans

Baked Beans Garden Peas

### Dessert

Flapjack (Ve)

Strawberry and Mandarin Jelly (Ve)

Fruit Salad (Ve)

Apple Whirl (Ve) and Custard

Chocolate Brownie



FRESHLY BAKED BREAD, SALAD BAR, FRESH FRUIT, YOGHURT AND HERBY'S BISCUIT AVAILABLE DAILY  
 WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS:

