

## Weekly dinners update – week starting 14<sup>th</sup> September

This week Years 1,3 and 5 will be having packed lunches and Years 2,4 and 6 will be having hot dinners.

**On Tuesdays, however, Year 3 and Year 6 will swap lunch slots.**

Nursery and Reception will always have the hot meal option.

Teachers will ask children in the morning which option from the menu they would like for their main meal.

Please look at the menu with your child so that they know what the options are in advance.

### Packed lunch menu for Years 1, 3 and 5

|             | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|-------------|--|---|---|---|--|
| Main        | Tuna, mayo, cucumber, sweetcorn pasta pot or cheese sandwich | Tomato and cheese pizza or tuna mayo, sweetcorn & cucumber sandwich | Veggie sausage bap or tuna, sweetcorn & cucumber wrap | Chicken mayo, sweetcorn & cucumber pasta pot or cheese sandwich | Mexican chicken mayo sandwich or egg mayo sandwich |
| Salads      | Carrot and cucumber sticks, cherry tomatoes                  | Carrot and cucumber sticks, cherry tomatoes                         | Carrot and cucumber sticks, cherry tomatoes           | Carrot and cucumber sticks, cherry tomatoes                     | Carrot and cucumber sticks, cherry tomatoes        |
| Dessert     | Yoghurt or cheese and crackers                               | Yoghurt or cheese and crackers                                      | Yoghurt or cheese and crackers                        | Yoghurt or cheese and crackers                                  | Yoghurt or cheese and crackers                     |
| Fresh Fruit | Fresh or dried fruit   | Fresh or dried fruit  | Fresh or dried fruit                                  | Fresh or dried fruit  | Fresh or dried fruit                               |

### Hot dinners menu for Years 2,4 and 6

|                 | Monday  | Tuesday                                    | Wednesday                               | Thursday                             | Friday   |
|-----------------|---|--|---|--------------------------------------|--|
| Main            | Tandoori chicken drumsticks with brown rice                         | Tomato and Cheese Pizza with potato wedges | Lamb sausages and mash with gravy       | Beef chilli with basmati rice        | Chicken burger in a bun or Baked fillet fish fingers |
| Vegetarian      | Ratatouille ravioli with tomato and vegetable sauce                 | Cheese & salad wrap                        | Vegetarian sausages and mash with gravy | Jacket potato with choice of filling | Falafel burger in a bun                              |
| Sides/Vegetable | Sweetcorn cobette & broccoli  | Sweetcorn & peas                           | Baby carrots & green beans              | Mixed vegetables                     | Oven chips, peas & beans                             |
| Salad           | Fresh seasonal salads   |  |   |                                      |  |
| Dessert         | Fruit yoghurt, cheese and crackers, fresh and dried fruit selection |  |   |                                      |  |