

All our desserts have been created to ensure that they are 50% fruit based and served a minimum of 3 times per week.

Fresh bread, milk & water are served daily.

Our daily salad bar contains a selection of carrot, cucumber, vine tomatoes, beetroot, olives, pasta salads, coleslaw and lots more.

None of our food items are fried – including our roast potatoes and fish and chips.

Our menu offers children a diverse and imaginative range of dishes which meet the required Food Standards Agency requirements.

We support local suppliers and where possible we ensure that all our ingredients are locally sourced.

Our menu is over 90% freshly prepared, using free-range, organic, outdoor-bred products, MSC certified fish and meets the Red Tractor Certification.

We cater for all children and an alternative meal is available for those with allergies. Please contact our Catering Manager Jayne, via the school office with any queries.

The logo for Newbridge Primary School, featuring the school's name in white text on a red rectangular background with a white border.

## **Newbridge Primary School Catering Service**

### **Lunch Menu Terms 3 & 4 2019/2020**

Week Commencing: 6 Jan - 27 Jan - 24 Feb - 16 Mar					
	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Pitta Pizza	Free Range Chicken Casserole	Organic Beef and Carrot Meatballs	Free Range Gammon	MSC Fish of the day
	Homemade Vegetarian Scotch Egg with Rice	Winter Vegetable Casserole	Tomato and Basil Falafels	Cauliflower Cheese	Homemade Vegetable Spring Roll
	Served with Fresh Salad Bar and Sweetcorn	Served with Broccoli, Fresh Salad Bar and Homemade Bread	Served with Pasta Garlic Bread Fresh Salad Bar	Served with Roast Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Served with Chips, Beans, Peas, Fresh Salad Bar and Homemade Bread
	Fresh Fruit Pot Organic Yoghurt	Winterberry Jam and Coconut Sponge Fresh Fruit Pot Organic Yoghurt	Cheese, Fruit and Crackers Fresh Fruit Pot Organic Yoghurt	Fruity Ginger Biscuit Fresh Fruit Pot Organic Yoghurt	Ice-Cream Pot Fresh Fruit Pot Organic Yoghurt

Week Commencing: 13 Jan - 3 Feb - 2 Mar - 23 Mar					
	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK TWO	Tomato & Roasted Vegetable Pasta Bake	All Day Breakfast	Homemade Breaded Chicken Goujons	Roast Turkey with Stuffing	MSC Fish of the Day
	Vegetable Risotto	Vegetarian Breakfast	Vegetable Stir Fry Noodles	Braised Quorn Fillet	Vegetable Nuggets
	Served with Fresh Salad Bar, Sweetcorn and Homemade Bread	Served with Fresh Bread	Served with Sweet Potato Fries, Tortilla Wraps and Fresh Salad Bar	Served with Roasted Potatoes, Seasonal Fresh Vegetables and Fresh Gravy	Served with Chips, Beans, Peas, Fresh Salad Bar and Homemade Bread
	Fresh Fruit Pot Organic Yoghurt	Glazed Pineapple Sponge Fresh Fruit Pot Organic Yoghurt	Pancakes with Fruit Sauce Fresh Fruit Pot Organic Yoghurt	Cherry Shortcake Fresh Fruit Pot Organic Yoghurt	Ice-Cream Pot Fresh Fruit Pot Organic Yoghurt

Week Commencing: 20 Jan - 10 Feb - 9 Mar - 30 Mar					
	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK THREE	Cheesy Pinwheels	Homemade Beef Bolognese	Oven Baked Jacket Potato	Roast Chicken	MSC Fish of the Day
	Vegetable Lasagne	Homemade Quorn Bolognese with Lentils	Served with Tuna Mayonnaise,	Vegetable and Lentil Loaf	Vegetarian Omelette
	Served with Rice, Fresh Salad Bar, Sweetcorn and Homemade Bread	Served with Pasta, Garlic Bread and Fresh Salad Bar	Served with Fresh Salad Bar and Homemade Bread	Served with Roasted Potatoes, Fresh Seasonal Vegetables and Fresh Gravy	Served with Chips, Beans, Peas, Fresh Salad Bar and Homemade Bread
	Fresh Fruit Pot Organic Yoghurt	Chocolate and Raspberry Sponge Fresh Fruit Pot Organic Yoghurt	Arctic Roll Fresh Fruit Pot Organic Yoghurt	Cinnamon and Lemon Cookie Fresh Fruit Pot Organic Yoghurt	Ice-Cream Pot Fresh Fruit Pot Organic Yoghurt

Fresh bread, milk and water served every day. Salad Bar sections- carrots, cucumbers, vine tomatoes, beetroot, olives, pasta salads, coleslaw and lots more. We cater for all children with allergies, an alternative meal is always available. Any questions, please contact Jayne our Catering Manager with any queries.