West Heslerton CE Primary School Autumn 2023

MENU				
		WEEK 1	WEEK 2	WEEK 3
		Served w/c 4th, 25th Sept, 16th	Served w/c 11th Sept, 2nd, 23rd Oct,	Served w/c 18th Sept, 9th Oct, 6th,
		Oct, 13th Nov & 4th Dec	20th Nov & 11th Dec	27th Nov & 18th Dec
٨	۲	Chicken & Tomato Pasta	V Pasta Bolognese Bake	V Creamy Mac & Cheese
⊢	٨	V Quorn and Tomato Pasta	Broccoli & Sweetcorn	Broccoli & Carrots
s	D	Peas & Sweetcorn	Homemade Garlic Flatbread	Homemade Garlic Bread
۲	z	Homemade Garlic Bread	****	****
٦	0	****	Homemade Custard Cookie	Homemade Chocolate Berry Brownie
	Μ	Homemade muffin	Fruit & Ice cream	
			Fresh Fruit or Yoghurt	Fresh Fruit & Yoghurt
		Fresh Fruit or Yoghurt		
	۲	V Homemade Pizza	Chicken Burger in a Homemade Bun	V All Day Breakfast
≻	A	Diced Potatoes	V Burger in a Homemade Bun	All Day Breakfast
⊢	D	Crunchy Veggie Sticks	Potato Wedges	Homemade (50/50) Bread
s	S		Coleslaw & Peas	
۲	ш	****	****	****
⊢	Π	Cheese & Crackers	Homemade Raspberry Bun	
	Т			Homebaked Oatie Cookie & Cheese
		Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit & Yoghurt
		Sausage & Baby potatoes	Roast Loin of Pork & Apple Sauce	Roast Chicken & Stuffing
⊢	۲	V Sausage & Baby poatoes	V Roast Quorn	V Quorn fillet & Stuffing
S	A	Medley of Vegetables	Boiled Potatoes	Sliced Potatoes
۹	D	Gravy	Carrots & Peas	Medley of vegetables
0	S	Homemade Crusty Bread	Gravy	Gravy
R	ш	*****	Homemade (50/50) Bread	Homemade Crusty Bread
	Z	Homemade	Homemade Chocolate Sponge	
	D	Lemon Drizzle Muffin	& Chocolate Sauce	Chocolate sponge & custard Fresh Fruit & Yoghurt
	ΙE	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	riesi riuit à rogituit
	W	Korma Rice	Mexican Beef Pitta	Nacho Beef Bake
	١Y	V Quorn Korma	V Mexican Quorn Pitta	V Nacho Veggie Bake
A L	A			
NA	D	Cauliflower & Green Beans	(50/50) Rice	Tortilla Wrap
2	S	Naan Bread	Medley of Vegetable	(50/50) Rice
АТ	R	****	Homemade Bread	Sweetcorn & Peas
RN	n	Homemade Berry Marble Sponge	****	****
Ξ	н	& Custard	Homemade Toffee Apple Muffin	Flapjack & custard
z	Т	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit & Yoghurt
		Fish Fingers	(Harry Ramsdens) Battered Fish	Fish Star & Chips
т	٢	Chips	Chips & Ketchup	Peas & Carrots
s	A	Ketchup	Sweetcorn & Peas	Homemade Wholemeal Bread
_	D	Carrots & Peas	Homemade Crusty Bread	
ш		Sliced Whole Meal Bread	****	****
	R	****	Homemade Lemon Shortcake	Homemade Fruity Jam Sandwich
	ш	Homemade Chocolate Orange	Fresh Fruit or Yoghurt	and Custard
		Cake		Fresh Fruit & Yoghurt
		Fresh Fruit or Yoghurt		
		-	etary requirements, please inform the sch	

If your child has an allergy or special dietary requirements, please inform the school so we can discuss their needs.

Our eggs are always Free-Range Eggs.

Our meals are free from undesirable additives, colouring and sweeteners.