

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Pasta Bake with Tomato sauce & Pepperoni topped with cheese	Toad in the hole	Roast Pork and Gravy	Chicken Fajitas served with a warm Tortilla Wrap	Omega 3 Fish Fingers
Vegetarian Option	Macaroni cheese	Veggie sausage toad	Roasted Quorn Fillet	Quorn Fajitas served with a warm Tortilla wrap	Vegetable Nuggets
Jacket Potato Option	Jacket Potato with Tuna Mayo, Cheese or Butter	Jacket Potato With Tuna Mayo, cheese or Baked Beans	Jacket Potato with Tuna Mayo, cheese or butter	Jacket Potato With Tuna Mayo, cheese or butter	Jacket Potato With Tuna Mayo, Cheese, Or Baked Beans
New Hot Pasta option	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad
 Side dishes	Sweetcorn Garlic bread	Mashed potato, broccoli and peas	Roast Potatoes Fresh Carrots and Green Beans	White and wholemeal rice & Hot sweetcorn	Chips Garden Peas or Baked Beans
 Salads	Fresh Salad Bar	Fresh Salad Bar	Fresh salad bar	Fresh Salad Bar	Fresh salad bar with pickles.
Baguette (KS2 only)	Ham, cheese or tuna mayo	Ham, cheese or tuna mayo.	Hot pork baguette with roast potatoes and salad.	Ham, cheese or tuna mayo.	Ham, cheese or tuna mayo.
 Dessert	Flapjack and fresh fruit Fruit, yoghurt or jelly	.Winterberry jelly with cream. Fruit, yoghurt or jelly	Fresh fruit salad Yoghurt or jelly	Cherry bakewell sponge and custard. Fruit, yoghurt and jelly.	Frozen fruit smoothie. Fruit, yoghurt or jelly.
 Drinks	Apple Juice or Fresh Milk or Water				



Here is the Chancellor Park dinner menu –
Starting: Monday 29th October 2018

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 and peas)
- ✓ Wholemeal bread is baked in our kitchens and is available on most days
- ✓ Our food is cooked using oven baking only

HAPPY EATING!

Mrs Watts and her team

Week 1

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Hearty slice of Pepperoni Feast Pizza	All day breakfast. Sausage, bacon, scrambled egg, beans	Roast Gammon, stuffing, Yorkshire pudding	Chicken korma	Fish finger sandwich
Vegetarian Option	Hearty slice of Cheese and Tomato Pizza	Veggie breakfast. 2 veggie sausages, scrambled egg, beans	Vegetable loaf	Veggie nachos	Birds eye vegetable fingers
Jacket Potato Option	Jacket Potato with Tuna Mayo, cheese or Butter	Jacket Potato with Tuna Mayo, cheese or butter	Jacket Potato with Tuna Mayo, cheese or butter	Jacket Potato with tuna mayo, cheese or butter	Jacket Potato with Tuna Mayo, Cheese, butter or Baked Beans
New Hot Pasta option	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad
 Side dishes	Hot sweetcorn Hot Pasta in a homemade tomato sauce	Mushrooms, Tomatoes and mini potato waffles	New Potatoes, carrots and broccoli	White and wholegrain rice, naan bread	Chips Garden Peas or Baked Beans
 Salads	Fresh salad bar	Fresh salad bar	Fresh salad bar	Fresh salad bar	Fresh salad bar with pickles
Baguette (KS2 only)	Ham, cheese or tuna mayo. Salad from salad bar	Ham, cheese or tuna mayo. Salad from salad bar.	Hot Gammon baguette, new potatoes and salad	Ham, cheese or tuna mayo. Salad from salad bar,	Ham, cheese or tuna mayo. Salad from salad bar
 Dessert	Home baked cookie. Fruit, yoghurt or Jelly	Fruit salad served with ice cream. Fruit, yoghurt or jelly	Fresh fruit platter. Yoghurt or jelly	Oaty apple crumble with custard. Fruit, yoghurt or jelly	Lemon drizzle sponge Fruit, yoghurt or jelly
 Drinks	Apple Juice or Fresh Milk or Water				

	Monday	Tuesday	Wednesday	Thursday	Friday
 Dish of the Day	Jacket Potato with Tuna Mayo, Cheese or Butter	Pasta with beef bolognaise	Roast chicken, Yorkshire pudding and gravy	Homemade sausage roll	Jumbo fish finger
Vegetarian Option	As above	Vegetable Pasta	Red Leicester and leek flan	Veggie Sausage Roll	Omelette popover
Jacket Potato Option	As above	Jacket Potato with Tuna Mayo Cheese or butter	Jacket Potato with Tuna Mayo, Cheese or butter	Jacket Potato with Tuna Mayo, Cheese or butter	Jacket Potato with Tuna Mayo, Cheese, butter or Baked Beans
New Hot Pasta option	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad	Served in a homemade tomato sauce, topped with cheese, served with mixed salad
 Side dishes	Cheese, tuna mayo, butter or baked beans	Broccoli and garlic bread	Roast potatoes, carrots and cabbage	Mashed potato, beans or sweetcorn	Chips Garden Peas or sweetcorn
 Salads	Fresh Salad Bar	Fresh Salad Bar	Fresh salad bar	Fresh Salad Bar	Fresh Salad bar with pickles
Baguette (KS2 only)	Ham, cheese or tuna mayo. Salad from salad bar	Ham, cheese or tuna mayo. Salad from salad bar	Hot chicken baguette with roast potatoes and salad	Ham, cheese or tuna mayo, Salad from salad bar.	Ham, cheese or tuna mayo. Salad from salad bar.
 Dessert	Jammy cup cake Fruit, yoghurt or jelly	Fruit salad platter Fruit, yoghurt or jelly	Rice pudding Fruit, yoghurt or jelly.	Chocolate sponge and chocolate custard Fruit, yoghurt or jelly	Autumn spice traybake with an orange wedge Fruit, yoghurt or jelly.
 Drinks	Apple Juice or Fresh Milk or Water				