

Bishop King CE Primary School Menu 2020



Name: _____ Class: _____

Please circle your child's choice for each day, it does not have to be the whole week, they can choose as they like - it could be just every Fish Friday.

Reception to Year 2 and those in receipt of Free School Meals do not need to pay.

Nursery – £1.60 per day Year 3 – Year 6 – £2.30 per day.

Payment can be paid daily, weekly or termly at a cost of £2.30 a day, this is required at least one week in advance.

Please make sure your child's allergy information is up to date with the school office as we will cater for these as long as we know.

Allergens;

(G) - Gluten (M) - Milk (E) Egg (S) Soya (W) Wheat (SU) Sulphites (SS) Sesame Seeds (F) Fish (MU) Mustard

Week 1 -					
Option	Meat Free Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Homemade wholemeal cheese pizza with diced potato and beans (G) (M)	Chicken korma with 50/50 rice and sweetcorn (M) (MU)	Roast gammon with pineapple, potatoes and seasonal vegetables	Lasagne with green beans and homemade garlic bread (G) (M)	Fish fingers, with chips and peas (F) (W)
2 - Veg	Cheese omelette with beans and diced potato (M) (E)	Quorn sausage rolls with potato wedges and sweetcorn (G) (SU)	Quorn fillet with roast potatoes, seasonal vegetables and gravy (E)	Quorn korma with 50/50 rice and peas (M) (MU)	Jacket potato with cheese or tuna and salad (M) (F)
3 - Grab and Go	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)
Pudding	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)

Available every day; Water, milk and wholemeal bread.

Please turn over for weeks 2 & 3

Week 2 -					
Option	Meat Free Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Creamy tomato pasta twirls with peas and crusty bread (M) (G)	Burger pitta pockets, cucumber and pepper salad with coleslaw (G) (M) (E)	Roast chicken with Yorkshire pudding, mashed potato, seasonal vegetables and gravy (G) (M) (E)	Mild chilli tacos with 50/50 rice, sour cream and vegetables (W) (M)	Fish and chips with peas (G) (F)
2 - Veg	Quorn brunch— sausage with beans, egg and crusty bread (S) (E) (G)	Quorn burger in a bun, cucumber and pepper salad with coleslaw (G) (M) (E)	Cheese and tomato whirl with seasonal vegetables and gravy (G) (M) (E)	Quorn spaghetti bolognese with vegetables (G) (E) (S)	Jacket potato with a choice of fillings (M) (E)
3 - Grab & Go	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)
Pudding	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)

Available every day; Water, milk and wholemeal bread.

Week 3 -

Option	Meat Free Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - Hot	Cheese and tomato pizza with homemade coleslaw and potato wedges (G) (M) (E)	Big breakfast—Sausage with egg, beans and crusty bread (G) (SU) (M) (E)	Roast turkey with stuffing, mashed potato, seasonal vegetables and gravy (M) (G) (E)	Spaghetti bolognese and sweetcorn (G)	Popcorn bubble crisp salmon fillet with chips and peas (F)
2 - Veg	Quorn hotdog with homemade coleslaw and potato wedges (E) (S) (M) (G)	Cheesy stuffed jacket potato and beans (M)	Quorn fillet with mashed potato, seasonal vegetables and gravy (E) (S)	Quorn lasagne with sweetcorn and crusty bread (E) (S) (G)	Jacket potato with a choice of filling (M) (E)
3 - Grab & Go	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)	Sandwich and yoghurt Fruit or cake (G) (M) (SS)
Pudding	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)	Fresh fruit or yoghurt (M)

Available every day; Water, milk and wholemeal bread.