



AUTUMN/WINTER MENU 2019/2020
Llangrove CE Academy



Menu starts Wk 1 Mon 02 Sep 19
Half term: 26 Oct - 03 Nov 19
Christmas: 21 Dec 19 - 05 Jan 20
Half term: 15 - 23 Feb 20

		MONDAY	✓	TUESDAY	✓	WEDNESDAY	✓	THURSDAY	✓	FRIDAY	✓
Wk 1 week starting: 02 Sep 23 Sep 14 Oct 11 Nov 02 Dec 06 Jan 20 27 Jan	Main Meal	Beef burger in a bun Potato wedges Corn on the cob/sweet corn Tomato sauce	<input type="checkbox"/>	Creamy ham and sweetcorn pasta bake Peas	<input type="checkbox"/>	Roast chicken Roast potatoes Seasonal vegetables Gravy	<input type="checkbox"/>	asta shells with bolognaise sauce Mixed vegetables	<input type="checkbox"/>	Oven baked fish Chips Peas/baked beans	<input type="checkbox"/>
	Vegetarian	Vegetarian burger	<input type="checkbox"/>	Roasted vegetable pasta bake	<input type="checkbox"/>	Quorn fillet	<input type="checkbox"/>	Vegetarian bolognaise	<input type="checkbox"/>	Cheese omelette	<input type="checkbox"/>
	BP option	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>
	Dessert	Chocolate mousse	<input type="checkbox"/>	Carrot cake	<input type="checkbox"/>	Oat cookie	<input type="checkbox"/>	Sticky toffee pudding with custard	<input type="checkbox"/>	Fruit muffin	<input type="checkbox"/>
Fruit yoghurt		<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	
Selection of fruit		<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	
Wk 2 week starting: 09 Sep 30 Sep 21 Oct 18 Nov 09 Dec 13 Jan 20 03 Feb	Main Meal	Oven baked butchers sausage Waffles Wholemeal spaghetti hoops	<input type="checkbox"/>	Spanish chicken Rice Mixed vegetables	<input type="checkbox"/>	Baked gammon New potatoes Seasonal vegetables	<input type="checkbox"/>	Homemade lasagne Garlic bread Broccoli	<input type="checkbox"/>	Oven baked salmon fish cake Chips Peas/baked beans	<input type="checkbox"/>
	Vegetarian	Vegetarian sausage	<input type="checkbox"/>	Ratatouille	<input type="checkbox"/>	Macaroni cheese	<input type="checkbox"/>	Vegetarian lasagne	<input type="checkbox"/>	Vegetarian sausage roll	<input type="checkbox"/>
	BP option	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>
	Dessert	Fruit and jelly	<input type="checkbox"/>	Chocolate pudding with chocolate sauce	<input type="checkbox"/>	Apricot flapjack	<input type="checkbox"/>	Apple cake slice	<input type="checkbox"/>	Butterscotch Mousse	<input type="checkbox"/>
Fruit yoghurt		<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	
Selection of fruit		<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	
Wk 3 week starting: 16 Sep 07 Oct 04 Nov 25 Nov 16 Dec 20 Jan 20 10 Feb	Main Meal	Ham and cheese pizza Herby diced potatoes Vegetables	<input type="checkbox"/>	Savoury meatballs in tomato and vegetable sauce Rice Peas	<input type="checkbox"/>	Roast pork with stuffing Roast potatoes Seasonal vegetables Gravy	<input type="checkbox"/>	Chicken in gravy Creamed potatoes Seasonal vegetables	<input type="checkbox"/>	Oven baked fish finger Chips Peas/baked beans	<input type="checkbox"/>
	Vegetarian	Cheese and tomato pizza	<input type="checkbox"/>	Vegetarian meatballs	<input type="checkbox"/>	Cheesy pasta bake	<input type="checkbox"/>	Vegetable and potato bake	<input type="checkbox"/>	Vegetable finger	<input type="checkbox"/>
	BP option	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>	Baked potato with tuna/cheese/beans	<input type="checkbox"/>
	Dessert	Strawberry mousse	<input type="checkbox"/>	Cherry shortbread	<input type="checkbox"/>	Lemon drizzle cake	<input type="checkbox"/>	Fruit crumble and custard	<input type="checkbox"/>	Banana cake slice	<input type="checkbox"/>
Fruit yoghurt		<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	Fruit yoghurt	<input type="checkbox"/>	
Selection of fruit		<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	Selection of fruit	<input type="checkbox"/>	

Notes:

1. A selection of fresh fruit, yoghurts and bread is available daily.
2. Gluten and dairy free menus are available upon request.
3. Reception and Key Stage 1 pupils are entitled to Free School Meals. Key Stage 2 pupils may qualify for Free School Meals if in receipt of certain benefits.
4. Key Stage 2 pupil lunches £2.30 per day.

