



FUEL FOR YOUNG MINDS



# St Oswald's Primary School **menu**

## Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit  
[foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

## Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.





# MENU - WEEK ONE

**Week Commencing:** 21st April | 12th May | 9th June | 30th June | 21st July | 1st Sept | 22nd Sept | 13th Oct

## MAIN MEAL

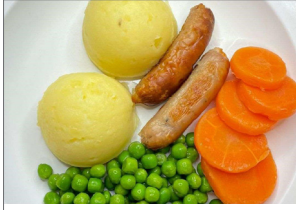
## VEGETARIAN

## JACKET POTATO

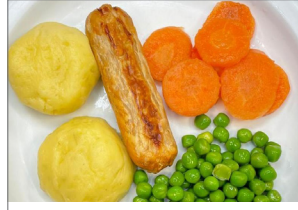
## DELI

## DESSERT

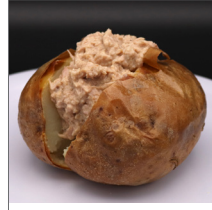
MONDAY



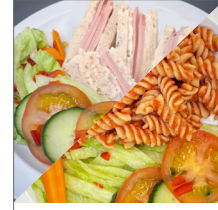
Pork Sausages served with Mashed Potato, and Seasonal Vegetables



Quorn Sausages served with Mashed Potato, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Shortbread & Apple Slices

TUESDAY



Chicken & Sweetcorn Pasta Bake served with Seasonal Vegetables



Macaroni Cheese served with Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Tuna Mayo or Cheese Sandwich



Lemon sponge & Custard

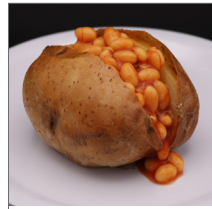
WEDNESDAY



Roast Turkey and Gravy served with Roast Potatoes, and Seasonal Vegetables



Quorn Fillet and Gravy served with Roast Potatoes, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Ice Cream & Peach slices

THURSDAY



Cottage Pie served with Gravy and Seasonal Vegetables



Vegetarian Mince Cottage Pie served with Gravy and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chicken Mayo Wrap or Cheese Sandwich



Chocolate Sponge & Custard

FRIDAY



Fish Fingers or Fish Fillet served with Chips, and Baked Beans or Garden Peas



Cheese & Potato Pie served with Chips, and Baked Beans



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Fruity Friday

**Deli option is available daily.**

**Jacket Potatoes are available daily.**

**All meals come with seasonal vegetables or salad of your choice.**



# MENU - WEEK TWO

Week Commencing: 28th April | 19th May | 16th June | 7th July | 8th Sept | 29th Sept | 20th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO

## DELI

## DESSERT

MONDAY



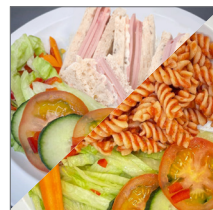
Sausage & Tomato Pasta served with Warm Baguette, and Seasonal Vegetables



Quorn Meatballs & Tomato Pasta served with Warm Baguette, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Banana Traybake & Custard

TUESDAY



Creamy Chicken & Sweetcorn Pie served with Potato Wedges, and Seasonal Vegetables



Plant Based Sausage Roll served with Potato Wedges, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Tuna Mayo or Cheese Sandwich

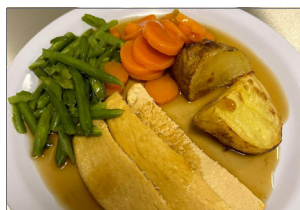


Apple Crumble & Custard

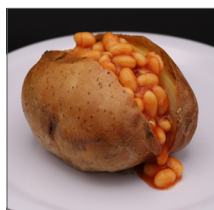
WEDNESDAY



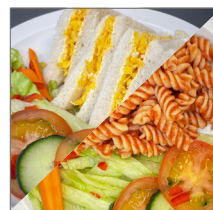
Roast Chicken and Gravy served with Roast Potatoes, and Seasonal Vegetables



Quorn Fillet and Gravy served with Roast Potatoes, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Sultana & Oat Cookie with Apple Slices

THURSDAY



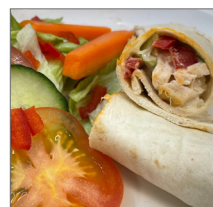
Beef Chilli Con Carne and Rice served with Seasonal Vegetables



Vegetarian Mince Chilli and Rice served with Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chicken Mayo Wrap or Cheese Sandwich



Chocolate Cookie

FRIDAY



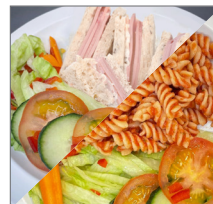
Fish Fillet served with Chips, and Baked Beans or Garden Peas



Cheese and Tomato Pinwheel served with Chips, and Baked Beans



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Fruity Friday

Deli option is available daily.  
Jacket Potatoes are available daily.  
All meals come with seasonal vegetables or salad of your choice.



# MENU - WEEK THREE

Week Commencing: 5th May | 2nd June | 23rd June | 14th July | 15th Sept | 6th Oct

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO

## DELI

## DESSERT

MONDAY



Cowboy Hotpot (Sausage & Beans) served with Mashed Potato, and Seasonal Vegetables



Vegetarian Cowboy Hotpot (Quorn Sausage & Beans) served with Mashed Potato, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Strawberry Ice Cream & Orange Slices

TUESDAY



Pasta & Chicken with a Cheese Sauce topping, served with Seasonal Vegetables



Macaroni Cheese served with Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Tuna Mayo or Cheese Sandwich



Lemon Sponge & Custard

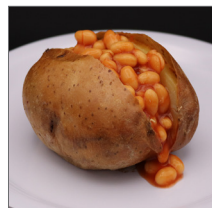
WEDNESDAY



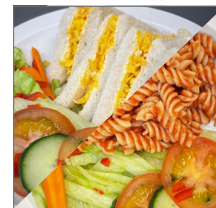
Roast Chicken and Gravy served with Roast Potatoes, and Seasonal Vegetables



Quorn Fillet and Gravy served with Roast Potatoes, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Flapjack

THURSDAY



Ham & Cheese Pizza served with Potato Wedges, and Seasonal Vegetables



Cheese & Tomato Pizza served with Potato Wedges, and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Chicken Mayo Wrap or Cheese Sandwich



Chocolate Brownie & Apple Slices

FRIDAY



Fish Fingers or Fish Fillet served with Chips, and Baked Beans or Garden Peas



Cheese & Bean Puff served with Chips, and Baked Beans



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Ham or Cheese Sandwich / Tomato & Basil Pasta



Fruity Friday

Deli option is available daily.  
Jacket Potatoes are available daily.  
All meals come with seasonal vegetables or salad of your choice.





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