

West Horndon Primary School Summer Menus 2016

Menu 1 – week commencing – 11th Apr, 2nd, 23rd May, 20th June, 11th July 2016

Monday – meat free Monday

Homemade cheese & tomato or rainbow pepper pizza

Children's favourite pasta salad

Or

Jacket potato with grated cheddar cheese & baked beans

Salad bar

Fresh fruit pots

Or

Muller corner yoghurt or fresh fruit

Tuesday

Southern crumbed chicken breast fillet

Or

Spanish omelette

Herby baby potatoes, baked bean

Or

Jacket potato with tuna, sweetcorn & mayonnaise

Homemade toffee pudding

Or

Muller corner yoghurt or fresh fruit

Wednesday

Roast turkey served with Yorkshire pudding & gravy

Or

Roast Quorn fillet served with a Yorkshire pudding

Roast potatoes, freshly sliced carrots, broccoli florets

Chocolate arctic roll

Or

Muller corner yoghurt or fresh fruit

Thursday

Pork meatballs in a rich tomato sauce

Or

Quorn balls in a rich tomato sauce

Fluffy white and wholegrain rice

Salad bar

Or

Jacket potato with grated cheddar cheese

Peach flapjack

Or

Muller corner yoghurt or fresh fruit.

Friday

Omega 3 fish fingers

Or

Vegetable nuggets

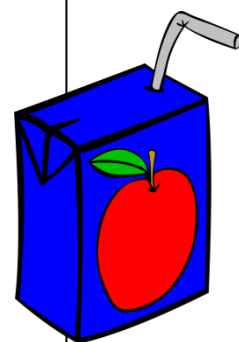
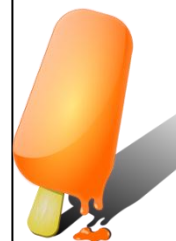
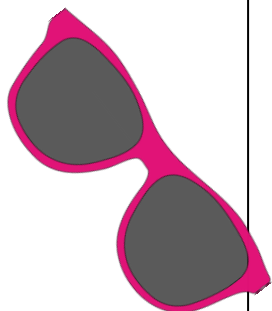
Chips, garden peas

Salad bar

Summer Berry Meringue served with fresh fruit coulis

Or

Muller corner yoghurt or fresh fruit



West Horndon Primary School Summer Menus 2016

Menu 2 – week commencing – 18th Apr, 9th May, 6th, 27th June, 18th July 2016



Monday

All day breakfast (sausage, bacon, egg)

Or

Vegetarian breakfast (2 x Linda McCartney sausages and egg)

Hash brown, baked beans, button mushrooms, baked half tomato

Or

Jacket potato with grated cheese coleslaw

Fresh melon platter

Or

Muller corner yoghurt or fresh fruit

Tuesday

Filled roll of choice:

Cheese; Ham; Egg; Tuna mayonnaise or Chicken

Served with carrot or cucumber sticks

A piece of fruit

Lemon traybake slice

Carton of fruity water or carton of milkshake

Or

Jacket potato served with grated cheddar cheese and baked beans.

Muller corner yoghurt, fruity dessert or fresh fruit



Wednesday

Local butcher's roast pork with Yorkshire pudding & gravy

Or

Homemade vegetable patties

New potatoes, whole green beans, braised red cabbage

Fruit smoothie

Or

Muller corner yoghurt or fresh fruit

Thursday

Homemade spaghetti bolognaise

Or

Cauliflower and broccoli cheese bake

Homemade rosemary bread

Salad bar

Or

Chicken salad deli wraps

Tutti frutti flapjacks

Or

Muller corner yoghurt or fresh fruit



Friday

Chicken Chunks

Or

Free Range Omelette

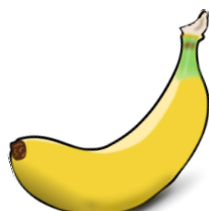
Chips, sweetcorn, garden peas

Salad Bar

Eton Mess Cake

Or

Muller corner yoghurt or fresh fruit



West Horndon Primary School Summer Menus 2016

Menu 3 – week commencing – 25th Apr, 16th May, 13th June, 4th July

Monday

Homemade Ham and Mushroom pizza

Or

Homemade cheese & tomato pizza

Creamy pasta salad, homemade coleslaw

Salad bar

Or

Jacket potato with grated cheddar cheese & baked beans

NEW! Fruit crispie

Or

Muller corner yoghurt or fresh fruit.

Tuesday

Local butcher's sausage (gravy if required)

Or

Vegetarian nuggets

Creamy mashed potato or new potatoes, broccoli & cauliflower florets

Arctic roll

Or

Muller corner yoghurt or fresh fruit

Wednesday

Roast turkey with Yorkshire pudding & gravy

Or

Vegetarian toad in the hole

Roast potatoes, freshly sliced carrots, savoy cabbage

NEW! Berried treasure

Or

Muller corner yoghurt or fresh fruit

Thursday

Sticky Chicken

Or

Sticky Quorn fillet

Fluffy white & wholegrain rice, naan bread

Salad bar

Soft floured bap filled with roast turkey and salad

Sticky orange and honey cake

Or

Muller corner yoghurt or fresh fruit

Friday

Omega 3 fish fingers

Or

Roasted vegetable enchilda

Chips, baked bean, garden peas

Salad bar

Fresh fruit salad & cream

Or

Muller corner yoghurt or fresh fruit.

