



(S) = Seasonal Vegetables

# THORPE PRIMARY SCHOOL SPRING MENU

Date ...06/03/17..

- all of our meat is Halal except Pork products

First Name ..... Surname ..... Class .....

**\*\*All of our meals are Home Made with fresh vegetables\*\*** **Fresh Bread is available every day** **\*\*Meals with this symbol** **Gluten Free option\*\***

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choice 1</b> 	Lamb Spaghetti Bolognese & Garlic Bread	Fish Finger Sandwich & Saute Potatoes	Roast Pork with Stuffing, Gravy & New Potatoes	BBQ Chicken with Rice	Pepperoni Pizza & Chips
<b>Choice 2</b> 	Quorn Bolognese & Garlic Bread	Vegetable Burger & Saute Potatoes	Cheese & Kale Quiche with New Potatoes (S)	Cheese & Bean Quesadilla with Rice	Cheese & Tomato Pizza with Chips
<b>Choice 3</b> 	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)	Jacket Potato Bar (Choice of fillings, Cheese, Tuna, Baked Beans etc.)

<b>To go with</b> 	Salad Bar	Sweetcorn	Parsnips (S)	Corn on the Cob	Baked Beans
		Green Beans	Carrots (S)	Peas	Baked Tomatoes
		Salad Bar	Salad Bar	Salad Bar	Salad Bar

**\*\*\* Selection of the Picnic option includes a snack item, a fruit portion and a fruit drink and requires no further choices on that day \*\*\***

<b>***Picnic***</b> 	Tuna & Sweetcorn Pasta Pot	Egg Bagel with Cucumber Sticks	Cheese Savoury Wrap	Pork Baguette & Salad	BBQ Chicken Pitta with Pepper Sticks
	Cheese Sandwich with Cherry Tomatoes	Cheese Sandwich with Cherry Tomatoes	Cheese Sandwich with Cherry Tomatoes	Cheese Sandwich with Cherry Tomatoes	Cheese Sandwich with Cherry Tomatoes



**\*\*\* Yoghurt & Fresh Fruit are available every day \*\*\***



<b>Dessert</b> 	Chocolate Oat Cake	Apple & Sultana Sponge (S)	Pear & Ginger Crumble with Custard (S)	Jam Buns	Carrot & Orange Cookies (S)

Please make your choice by ordering online via Parent Pay or by ticking in the boxes and returning to the school office

by 10.30am on Thursday, along with your payment for the week. KS1 = FREE, Year 3 - Year 6 = £2.20 per meal

**Please note, in order to meet nutritional guidelines, lunch choice 3, the jacket potato option, is intended as a complete meal. Whilst the 'to go with ...' option is available it is not recommended under current guidelines.**