

Grow

FUEL FOR YOUNG MINDS

Lydlynch Infant 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










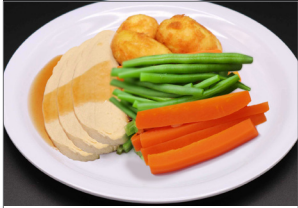








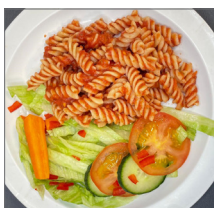

Our Menu

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: 2nd June | 23rd June | 14th July | 8th Sept | 29th Sept | 20th Oct










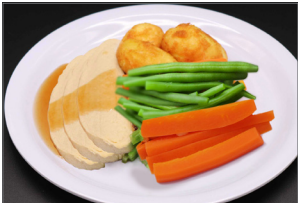


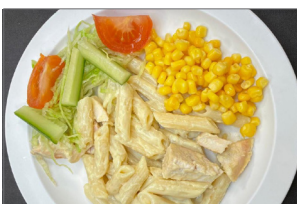





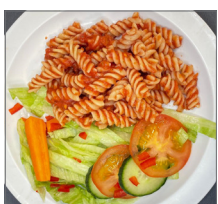

	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DESSERT
MONDAY	 <p>Pork Sausage, served with Mashed Potato, Carrots & Peas</p>	 <p>Vegan Quorn Cumberland Sausage served with Mashed Potato, Carrots & Peas</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Shortbread</p>
TUESDAY	 <p>Beef Pasta Bolognese served with Broccoli, Sweetcorn</p>	 <p>Cheese and Tomato Pizza served with Broccoli, Sweetcorn</p>	 <p>Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese, or Baked Beans Filling</p>	 <p>Lemon Sponge & Custard</p>
WEDNESDAY	 <p>Roast Turkey and Gravy served with Roast Potatoes, Carrots and Green Beans</p>	 <p>Quorn Fillet served with Roast Potatoes, Carrots and Green Beans</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Ice Cream & Peach slices</p>
THURSDAY	 <p>Chicken Wrap served with Rice, Broccoli and Sweetcorn</p>	 <p>Macaroni Cheese served with Broccoli and Sweetcorn</p>	 <p>Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese or Baked Beans filling</p>	 <p>Chocolate Sponge & Custard</p>
FRIDAY	 <p>Battered Fish served with Chips, Peas, Baked Beans & Tomato Ketchup</p>	 <p>Cheese and Broccoli Quiche served with Chips, Peas, and Baked Beans</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Fruity Friday</p>

Deli option is available daily.
 Pasta is available on Monday, Wednesday and Friday.
 Jacket Potatoes are available on Tuesday and Thursday.
 All meals come with seasonal vegetables or salad of your choice.



MENU - WEEK TWO

Week Commencing: 9th June | 30th June | 21st July | 15th Sept | 6th Oct

	MAIN MEAL	VEGETARIAN	JACKET POTATO / PASTA	DESSERT
MONDAY	 <p>Beef Burger in a Bun served with Potato Wedges, Peas and Carrots</p>	 <p>Vegetable Curry served with Rice, Peas and Carrots</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Banana cake & Custard</p>
TUESDAY	 <p>Chicken Curry served with Fluffy Rice, Peas and Sweetcorn</p>	 <p>Pasta with Quorn Meatballs and Tomato Sauce, served with Peas and Sweetcorn</p>	 <p>Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese, or Baked Beans Filling</p>	 <p>Shortbread</p>
WEDNESDAY	 <p>Roast Chicken and Gravy served with Roast Potatoes, Carrots and Green Beans</p>	 <p>Vegan Quorn Fillet and Gravy served with Roast Potatoes, Carrots and Green Beans</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Lemon sponge</p>
THURSDAY	 <p>Cheesy Chicken Pasta served with Sweetcorn and Carrots</p>	 <p>Plant Based Sausage Roll served with Potato Wedges, Carrots, Sweetcorn</p>	 <p>Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling</p>	 <p>Chocolate Cookie</p>
FRIDAY	 <p>Fish Fingers or Salmon Fish Fingers served with Chips, Peas and Baked Beans</p>	 <p>Cheese and Bean Puff served with Chips, Peas and Baked Beans</p>	 <p>Pasta with Tomato and Basil Sauce</p>	 <p>Fruity Friday</p>

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

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



MENU - WEEK THREE

Week Commencing: 16th June | 7th July | 1st Sept | 22nd Sept | 13th Oct

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DESSERT

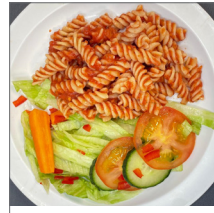
MONDAY



Hotdog served with Herby Diced Potatoes, Carrots and Peas



Tomato and Pizza Cheese Pinwheel served with Herby Diced Potatoes, Carrots and Peas



Pasta with Tomato and Basil Sauce



Strawberry Ice Cream

TUESDAY



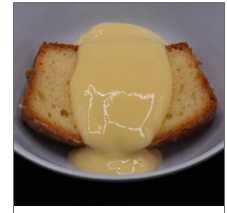
Cheesy Chicken Pasta served with Mixed Salad and Sweetcorn



Quorn Hotdog served with Potato Wedges, Broccoli and Sweetcorn



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

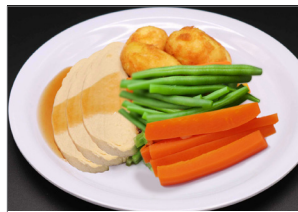


Lemon sponge & Custard

WEDNESDAY



Roast Chicken and Gravy served with Roast Potatoes, Carrots and Green Beans



Quorn Fillet and Gravy served with Roast Potatoes, Carrots and Green Beans



Pasta with Tomato and Basil Sauce

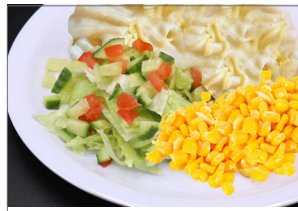


Flapjack

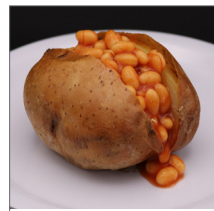
THURSDAY



Cheese, Tomato & Ham Pizza served with Potato Wedges, Broccoli and Sweetcorn



Macaroni Cheese served with Mixed Salad and Sweetcorn



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



Chocolate Brownie & Apple Slices

FRIDAY



Battered Fish served with Chips, Peas, Baked Beans & Tomato Ketchup



Cheese and Baked Bean Puff served with Chips, Peas and Baked Beans



Pasta with Tomato and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

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



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