



# VALENCE PRIMARY SCHOOL

## School Meal Menu Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST CLUB</b>	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese
<b>LUNCH</b> <i>Choose a main meal</i>	British Pork Sausage and Mash Vegetable and Lentil bake Sausage and Tomato Pasta	Beef Lasagne and Garlic Bread Jacket Potato with Cheese or Beans Rustic Italian Tomato Linguine	Roast British Chicken Drumstick and Yorkshire Pudding Roast Quorn	Homemade Chilli with Rice Quorn Chilli with Rice Jacket Potato with Tuna or Cheese	Omega 3 Fish Fingers Cheese and Onion Quiche Pollack Fillet with herb coating
<i>On the side</i>	Broccoli Baked Beans	Corn on the Cob Peas	Farmhouse Vegetables Sweetcorn Mini Roast Potatoes or mashed potato	Sweetcorn Peas	Green Beans Sliced Carrots Oven Baked Diced Potatoes
<i>Dessert</i>	Fruit Jelly	Homemade Shortbread Biscuit	Fresh Fruit Platter	Peach sponge served with custard	Fruit Jelly
<b>Available Daily</b>	Fresh fruit platter, Fruit Yogurt, Golden Raisins, Cheese and Crackers, Unlimited Seasonal Salad Bar, Semi-skimmed milk and water				
<b>GEMS DINNER</b>	Cheesy, vegetable - topped muffins Jacket Potato with choice of toppings Fresh fruit platter No Added Sugar Squash	Warm Tuna mayonnaise and tomato Panini Tuna or Egg Pasta Salad Fruit Jelly No Added Sugar Squash	Toast with baked beans or scrambled egg Soup of the Day and a roll Fruit Salad and plain Yogurt No Added Sugar Squash	Chicken or Quorn and vegetable Tortilla Jacket Potato with choice of toppings Rice Pudding No Added Sugar Squash	Quiche with vegetable sticks and dips Ham and Vegetable topped muffins Fruit Salad No Added Sugar Squash

Halal options available. Dietary requirements catered for.



# VALENCE PRIMARY SCHOOL

## School Meal Menu Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST CLUB</b>	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese
<b>LUNCH</b> <i>Choose a main meal</i>	Beef Bolognese with Spaghetti and garlic bread Quorn Bolognese with spaghetti Chicken and Coleslaw or Tuna and Cucumber Baguette	Homemade Vegetarian Pizza/Cheese Flan Hot Jacket Potato with Cheese or beans Chinese Chicken or Vegetable Curry with Rice	Roast Chicken Drumsticks Quorn Roast Roast Pork Gravy	Chicken in a Wrap BBQ Chicken Hot filled Jacket Potato with Cheese	Penne Pasta in Tomato and Basil Sauce Tuna in Tomato sauce with Pasta Mild Chicken Tikka, Rice & Nan Bread
<i>On the side</i>	Mixed Vegetables	Peas Crunchy Coleslaw	Carrots Sweetcorn Golden Roast or Mashed Potatoes	Rice Peas Sweetcorn	Runner Beans Carrots
<i>Dessert</i>	Oaty Apple Crumble with Custard	Jam Tart	Raspberry Ripple Ice-cream Roll	Rice Pudding with Peaches	Lemon Sponge
<b>Available Daily</b>	Seasonal Fresh fruit platter, Fruit Yogurt, Golden Raisins, Cheese and Crackers, Unlimited Seasonal Salad Bar, Semi-skimmed milk and water				
<b>GEMS DINNER</b>	Vegetable and Bean Burrito Chicken and Roasted Vegetable Pasta salad Fresh Fruit Platter No Added Sugar Squash	Sticky Chicken Drumstick Vegetable Savoury Rice Banana Bread No Added Sugar Squash	Breaded fish Fajitas Ham and Pea pasta salad Fruit Jelly No Added Sugar Squash	Cheese Quesadilla Savoury Rice Fresh Fruit Platter No Added Sugar Squash	Margarita Pizza Ham Pizza Yogurt and fruit No Added Sugar Squash

Halal options available. Dietary requirements catered for.



# VALENCE PRIMARY SCHOOL

## School Meal Menu Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST CLUB</b>	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese	Healthy Cereals Fruit Fruit Juice Milk Yogurts Toast with butter, jam or cream cheese
<b>LUNCH</b> <i>Choose a main meal</i>	Cheesy Pasta Bake Vegetable Pasta Bolognese Freshly Baked Baguette filled with tuna, cheese, ham or egg	Homemade Sunshine Vegetable Pizza and bean salad Seasoned Jacket Wedges Vegetable Pasta Bolognese	British Pork Sausage Toad in the hole with Mash and Gravy Quorn Sausage Toad in the hole with Mash and Gravy Cheesy Tomato Wholemeal Pasta	Mild Balti Curry with Rice and Nan Jacket Potato with Cheese or Tuna Vegetable Curry with Rice	Macaroni Cheese Hot Jacket Potato with Cheese or beans Vegetable Paella
<i>On the side</i>	Cauliflower Peas	Root vegetable Mix	Carrots Broccoli Mashed Potatoes	Sweetcorn Peas	Cut Green Beans Mixed Vegetables
<i>Dessert</i>	Fruit Jelly	Lemon Sponge	Raspberry Ripple Arctic Roll	Apple Flapjack	Sticky Banana pudding with custard
<b>Available Daily</b>	Fresh fruit platter, Fruit Yogurt, Golden Raisins, Cheese and Crackers, Unlimited Seasonal Salad Bar, Semi-skimmed milk and water				
<b>GEMS DINNER</b>	Chicken Fajitas Cheese /Tuna Panini Fresh fruit Platter No Added Sugar Squash	Tomato Soup with Focaccia Jacket Potato with Beans Jelly with Mandarin segments No Added Sugar Squash	Vegetable and Egg Frittata Beef Bolognese Raisins No Added Sugar Squash	Vegetable and Bean Burrito Chicken in a wholemeal wrap Fresh Fruit Platter No Added Sugar Squash	Cod Fish Cakes Scrambled Egg or beans on toast Rice Pudding No Added Sugar Squash

Halal options available. Dietary requirements catered for.