WINTER MENU 2015

**Monday** – *Meat Free day* **Tuesday** *– Cornish Day* **Wednesday** *– Roast Day* **Thursday** *– World Food Day* **Friday** *– Fishy Friday!*

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| WEEK 1 | Vegetable Lasagne & Garlic Bread | Steak Pasty Pie | Roast Turkey & roast potatoes | Creamy smoked salmon, leek and potato soup with crusty rolls | Freshly Battered Newlyn Fish/ Salmon Fish Fingers & Chips |
| Vegetarian Kedgeree | Cheese & Onion Pasty Pie (v) | Quorn Roast & roast potatoes (v) | Glamorgan Sausages (v) | Homemade Cheese & Tomato Pizza (v) |
| Sticky Toffee Pudding | Saffron Buns | Winter Sponge & Custard | Welsh Cakes | Chocolate & Apricot Slice |

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| WEEK 2 | Veggie Burger | Lentern’s Sausage Plait | Roast Beef, roast potatoes, Yorkshire Puddings & gravy | Moroccan Lamb Stew | Freshly Battered Newlyn Fish/ Fish Fingers & Chips |
| Bubble and Squeak Risotto with crispy egg | Cornish Cheese Macaroni (v) | Veggie Sausages, roast potatoes, Yorkshire Puddings & gravy (v) | Vegetable Tagine (v) | Spiced Veggie Fritters (v) |
| Pear and Gingerbread Sponge | Cornish Fairings | Apple Crumble & Custard | Moroccan Cookies | Fruity Flapjack |

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| WEEK 3 | Vegetarian Pasta Bake | Cornish Egg and Bacon Pie | Roast Pork, roast potatoes & apple sauce | Chicken Tikka Masala | Freshly Battered Newlyn Fish/ Salmon Fish Fingers & Chips |
| Pinto Bean Chilli | Homity Pie (v) | Nut Roast (v) | Keralan Vegetable Curry with poppadoms (v) | Quorn Goujons & Chips (v) |
| Banana and Honey Muffins | Hevva Cake | Chocolate Sponge & Chocolate Custard | Ginger, Mango & Lime Trifle | Oatmeal Cookies |

* Baked Jacket Potatoes (Mon & Thurs). Fresh Fruit, Freshly Baked Bread DAILY
* Delicious Salad Bar – Mon, Tues & Thurs
* Choice of two seasonal vegetables every day – varieties will depend on our local farm and what’s been growing.

Menu dates are as follows:

Week 1 – 8 Sept, 28 Sept, 19 Oct, 16 Nov, 7 Dec

Week 2 – 14 Sept, 5 Oct, 2 Nov, 23 Nov, 14 Dec

Week 3 – 21 Sept, 12 Oct, 9 Nov, 30 Nov

**Special Dietary Requirements**

If your child has any dietary requirements or allergies then it is really important that you let Joslyn know. We’d really like every child to be able to access our wonderful school lunches – but need to make a plan for any child with any food related issues to make sure we have a good understanding of their individual needs. Please email Joslyn at [jbellamy@newlyn.cornwall.sch.uk](mailto:jbellamy@newlyn.cornwall.sch.uk) or pop in at breakfast time for a chat.

**Breakfast Club** runs from 8.45-9.00am – free for children eligible for free school meals, 50p for all others. We always have a selection of breakfast cereal and toast and often have special treats like porridge, croissants and Friday bacon sarnies. It’s a lovely family atmosphere and the children really enjoy the chance to start the day sitting with their friends sharing a meal.