

# DID YOU KNOW?



We use red tractor or farm assured meat in our schools.



We use MSC Certified Fish to encourage sustainable fishing practices

Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

## DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

[SPECIALDIETS@EDWARDSANDWARD.CO.UK](mailto:SPECIALDIETS@EDWARDSANDWARD.CO.UK)

Please note menus subject to change due to unforeseen circumstances



DATE Autumn Winter 2019

PAY

*You!*

SUM OF *Four Hundred and Thirty Seven Pounds*

**ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME!** Everyone gets Universal Infant Free School Meals automatically and will benefit by **£437** a year per child.

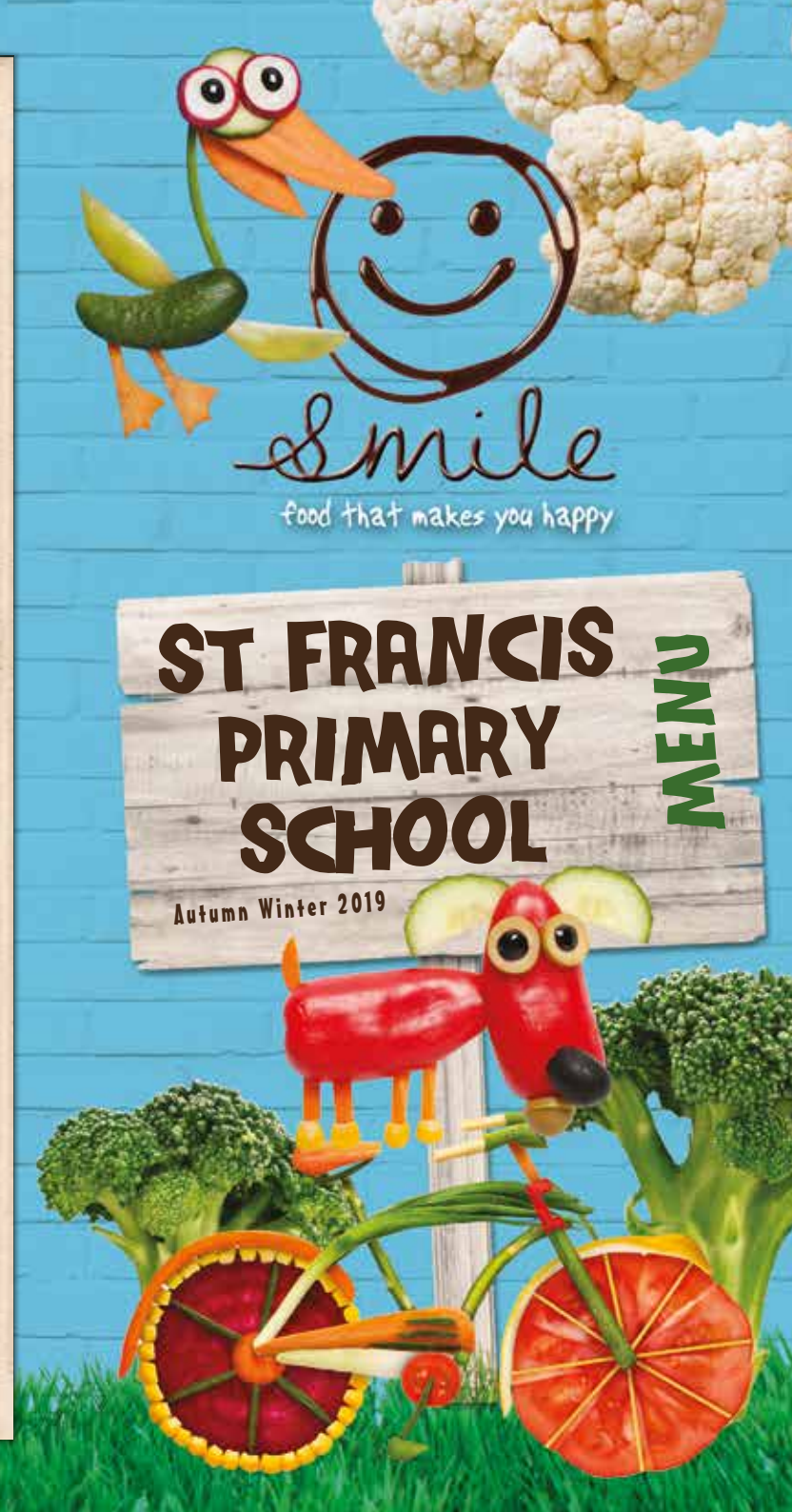
If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.



£437.00



05 00 439 177 05 50854 7 00 4000 155 08439177 05



# ST FRANCIS PRIMARY SCHOOL

# MENU

Autumn Winter 2019

*Smile*  
food that makes you happy



# WEEK 1

04/11/19, 25/11/19, 16/12/19, 20/01/20,  
10/02/20, 09/03/20, 30/03/20

Veggie Burger & Jacket Wedges with Tomato Sauce (v)  
or  
Vegetable Keema Curry with Rice (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Sweetcorn, Green Beans**  
Arctic Roll

**FRESH  
HEALTHY  
TASTY**

Spanish Chicken & Rice  
or  
Honey & Ginger Vegetable Stir Fry with Rice (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Rainbow Vegetables, Garden Peas**  
Strawberry Jelly & Peach Slices (v)

Roast Beef with Gravy & Roast Potatoes  
or  
Quorn Fillet with Stuffing, Gravy & Roast Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Broccoli, Carrots**  
Lime Shortbread

Beef Chilli & Rice  
or  
Tomato & Vegetable Ragu with Garlic Bread (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Sweetcorn & Peppers, Roasted Courgettes**  
Summer Berry & Apple Crumble with Custard

Salmon Fish Fingers or Fish Fingers with Chips & Tomato Sauce  
or  
Veggie Mince Pie with Gravy & Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Garden Peas**  
Carrot Cookie

# WEEK 2

11/11/19, 02/12/19, 06/01/20, 27/01/20,  
24/02/20, 16/03/20

Sausages & Mash with Gravy  
or  
Cheese & Tomato Pizza with Jacket Wedges (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Sweet Corn & Peppers, Green Beans**  
Caramel Krispie Cake

Spicy Beef Wraps with Jacket Wedges  
or  
Mac & Cheese with Herby Diced Potatoes (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Garden Peas, Mixed Salad**  
Caramelised Apple Crumble with Custard

Roast Chicken with Stuffing, Gravy & Roast Potatoes  
or  
Quorn Paella (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Shredded Cabbage, Carrots**  
Flapjack

Beef Lasagne with Garlic Bread  
or  
All Day Veggie Breakfast (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Broccoli, BBQ Beans**  
Summer Fruit Swirl Sponge & Custard

Battered Cod with Chips & Tomato Sauce  
or  
Cheesy Broccoli Quiche with Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Garden Peas**  
Strawberry Jelly with Pineapple Chunks (v)

# WEEK 3

18/11/19, 09/12/19, 13/01/20, 03/02/20,  
02/03/20, 23/03/20

Vegetable Chow Mein (v)  
or  
Veggie Hot Dog with Herby Diced Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Sweet Corn, BBQ Beans**  
Toffee Apple Sponge with Custard

Chicken Korma Curry with Rice  
or  
Sweet Tomato & Lentil Pasta Bake with Fresh Bread (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Broccoli, Mixed Salad**  
Coconut Jam Slice

Roast Turkey with Stuffing, Gravy & Roast Potatoes  
or  
Veggie Sausages with Gravy & Roast Potatoes (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Shredded Cabbage, Swede**  
Raspberry Oat Slice

Macaroni Bolognaise & Garlic Bread  
or  
Veggie Chilli & Rice (v)  
or  
Tomato Soup & Cheese Baguette (v)  
**Green Beans, Sweetcorn & Peppers**  
Apple & Blackberry Crumble & Custard

Bubble Crumb Fish & Chips with Tomato Sauce  
or  
Pizza Catherine Pinwheel & Chips (v)  
or  
Jacket Potato with Choice of Filling (v)  
**Baked Beans, Garden Peas**  
Iced Bun

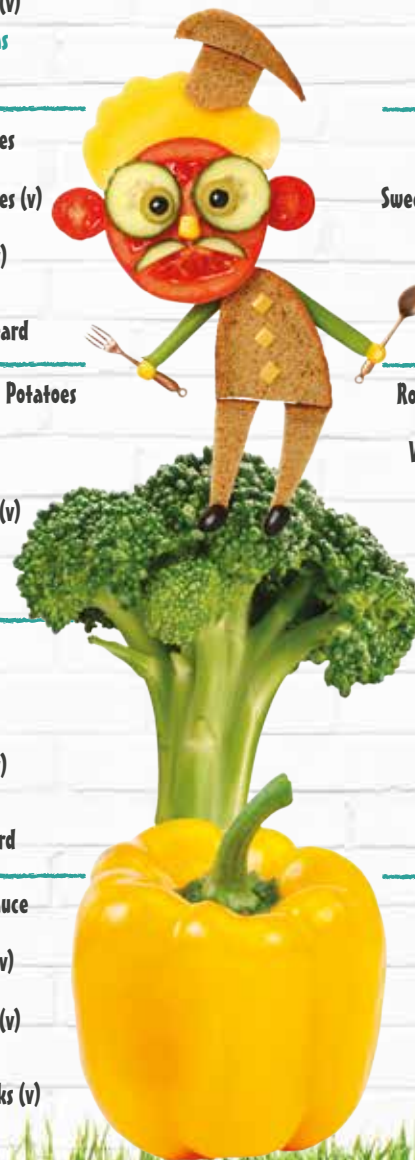
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Smile food that makes you happy

(V) Suitable for Vegetarians

SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.