

Tewkesbury CofE Primary Lunch

Tewkesbury CofE Primary School, Chance Street, Tewkesbury, Gloucestershire GL20 5RQ. 01684 292309 admin@tewkesbury-pri.gloucs.sch.uk

	INSET DAY 24/09/18 15/10/18	INSET DAY 25/09/18 16/10/18	05/09/18 26/09/18 17/10/18	06/09/18 27/09/18 18/10/18	07/09/18 28/09/18 19/10/18
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHICKEN GOUJONS	CHEESE & TOMATO PIZZA	PORK & APPLE YORKSHIRE PUD	BOLOGNESE WITH GARLIC BREAD	COD FILLET
Option 2 (V)	QUORN DIPPERS	CHEESE & TOMATO PIZZA	QUORN & APPLE YORKSHIRE PUD	QUORN BOLOGNESE WITH GARLIC BREAD	VEGETABLE NUGGETS
Option 3	MUSHROOM SOUP	CHICKEN & VEGETABLE SOUP	VEGETABLE SOUP	BAKED POTATO WITH CHEESE	TOMATO SOUP
Carbohydrates & Vegetables	RICE	DICED POTATOES	MASH	PASTA	CHIPS
	SPAGHETTI HOOPS PEAS	CARROT SWEETCORN	CAULIFLOWER BROCCOLI	MIXED VEGETABLES	BAKED BEANS SWEETCORN
Dessert or Fresh Fruit (V)	YUM YUM	CHOCOLATE OR JAM TARTLET	APPLE CRUMBLE CUSTARD	SHORTBREAD	FRESH FRUIT
	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	YOGHURT
	10/09/18 01/10/18	11/09/18 02/10/18	12/09/18 03/10/18	13/09/18 04/10/18	14/09/18 05/10/18
	HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	MEATBALLS TOMATO & BASIL SAUCE	COWBOY HOTPOT	BRAISED BEEF & CARROT YORKSHIRE PUD	BBQ CHICKEN	JUMBO FISH FINGER
Option 2 (V)	QUORN BALLS TOMATO & BASIL SAUCE	QUORN HOTPOT	QUORN MINCE, & CARROT YORKSHIRE PUD	BBQ QUORN	VEGETABLE FINGER
Option 3	MUSHROOM SOUP	CHICKEN & VEGETABLE SOUP	VEGETABLE SOUP	BAKED POTATO WITH CHEESE	TOMATO SOUP
Carbohydrates & Vegetables	PASTA	HERBY DICED POTATOES	MASH	RICE	CHIPS
	PEAS SWEETCORN	MIXED VEGETABLES	CAULIFLOWER BROCCOLI	CARROT PEAS	SPAGHETTI HOOPS SWEETCORN
Dessert or Fresh Fruit (V)	CHOCOLATE DONUT	JELLY POUCH	CHOCOLATE ORANGE CAKE WITH CUSTARD	FRUIT FLAPJACK	FRESH FRUIT
	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	YOGHURT
	17/09/18 08/10/18	18/09/18 09/10/18	19/09/18 10/10/18	20/09/18 11/10/18	21/09/18 12/10/18
	29/10/18	30/10/18	31/10/18	01/11/18	02/11/18
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHICKEN FILLET	MINCE BEEF & ONION	SAUSAGE YORKSHIRE PUD	CHICKEN TIKKA NAAN BREAD	COD BITES
Option 2 (V)	QUORN FILLET	QUORN MINCE & ONION	QUORN SAUSAGE	QUORN TIKKA	VEGETABLE NUGGETS
Option 3	MUSHROOM SOUP	CHICKEN & VEGETABLE SOUP	VEGETABLE SOUP	BAKED POTATO WITH CHEESE	TOMATO SOUP
Carbohydrates & Vegetables	PASTA	SAUTE POTATOES	MASH	RICE	CHIPS
	BAKED BEANS SWEETCORN	CARROTS GREEN BEANS	CAULIFLOWER BROCCOLI	MIXED VEGETABLES	SPAGHETTI HOOPS SWEETCORN
Dessert or Fresh Fruit (V)	CHOC OR BLUEBERRY MUFFIN	ANGEL DELIGHT	CARROT CAKE WITH CUSTARD	CHOCOLATE FLAPJACK	FRESH FRUIT
	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	YOGHURT

Our Dishes contain increased levels of Fruit & Vegetables, Pulses & Whole grains to ensure a nutritious balanced meal everyday.

* We do not add nuts to the school lunch menu. Though some of our suppliers' state, "Traces of nuts may be found in some products" or "Product made in nut free area, but nuts used elsewhere". Therefore, cannot guarantee nut free.

* Please don't order meals unless you are willing to pay for them.

* None of our food is deep fried.

* V = Suitable for vegetarian.