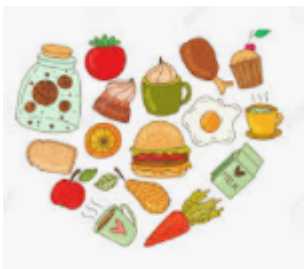


V Vegetarian option

Menu may be subject to alteration, should we experience difficulty obtaining stock



Dinners are ordered half termly.

An alternative of a jacket potato can be ordered for all year groups.

Please collect and return a form from the school office.



Great value for money

A two course nutritionally balanced meal for **£2.70** represents excellent value for money.

Alternative daily desserts include:

Fruit yoghurt
Cheese and crackers

Special diets

Gluten and dairy free alternatives are provided.

Please complete a dietary request form; which is available via the school office.



Burstow Primary School

Lunch Menu



Autumn/Spring Menu 2023/4

30th October 2023
To
28th March 2024

Menu Week 1

Week starting: 30 Oct / 20 Nov / 11 Dec / 15 Jan / 5 Feb / 4 Mar / 25 Mar

Monday

Margarita French bread pizza

Cucumber batons

Strawberry Swissroll

Tuesday

Green Thai chicken curry

V Roasted cauliflower curry

Rice
Sweetcorn

Zesty orange cake

Wednesday

Roast chicken

V Quorn chicken alternative

Roast potatoes, Yorkshire pudding,
Carrots and cabbage
Gravy

Pineapple wedges

Thursday

Beef Fajitas

V Mixed vegetable fajitas
Couscous, roast butternut squash

Winter berry crumble with custard

Fish Friday

Breaded pollack fillet
V Fishless fingers

Oven chips and baked beans

Fresh fruit

Menu Week 2

Week starting: 6 Nov / 27 Nov / 3 Jan / 22 Jan / 19 Feb / 11 Mar

Monday

Cheese wrap melt

Couscous
Sweetcorn

Apple crumble with custard

Tuesday

Penne pasta Bolognese

Garlic bread
Broccoli

Lemon drizzle cake

Wednesday

Roast gammon

V Quorn gammon alternative

Roast potatoes, Yorkshire pudding
Carrots and cauliflower
Gravy

Fruit cocktail

Thursday

Cornish sausage roll
Potato wedges

Baked beans

Strawberry jelly

Fish Friday

Fish fingers
V Fishless fingers

Oven chunky chips
Baked beans

Fresh fruit

Menu Week 3

Week starting: 13 Nov / 4 Dec / 8 Jan / 29 Jan / 26 Feb / 18 Mar

Monday

Homemade vegetable curry

Rice
Naan bread

Chocolate Swiss roll

Tuesday

Cheesy chicken pasta bake

V Quorn chicken alternative

Garlic bread
Peas

Orange and cranberry flapjack

Wednesday

Roast turkey

V Quorn turkey alternative

Roast potatoes, Yorkshire pudding,
Carrots and broccoli
Gravy

Peaches

Thursday

British beef burgers in a bun
V Vegetarian patty

Potato wedges
Mixed salad

Winter berries custard

Fish Friday

Chip shop style fish cake
V Golden vegetable patty

Oven chips and baked beans

Fresh fruit