

Stoke Heath Primary School

Dinner Menu



Below are choices of our new menus. You may pick one choice **only** from each section for each day, **Red or Green AND Yellow or Blue**

Please note we do not use Halal Meat.

Week One						
		Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Red Option	Cheese and Pepper Roll (Contains Wheat and Milk)	Jacket Potato with Cheese and Beans (contains milk)	Chicken Nuggets (Contains Wheat)	Tomato and Basil Pasta Bake (Contains Milk, Wheat)	Jumbo Fish Finger (Contains Fish, Wheat)
	Green Option	Vegan Sausage (Contains Wheat)	Cheese & Tomato Pizza (contains milk, wheat)	Vegan Nuggets (Contains Wheat)	Vegetable Samosa (Contains Wheat, Gluten)	Cheese Salad Wrap (Contains Milk, Wheat)
Both Dishes will be served with		Crispy Diced potatoes and Peas (Contains Wheat)	Baked Jacket Wedges and Peas and carrots (Contains Wheat)	Waffles, Peas and Sweetcorn (Contains Wheat)	Potato croquettes and Sweetcorn (Contains Wheat and Milk)	Chips and Peas
Puddings	Yellow Option	Raspberry Ripple Ice Cream (Contains Milk)	Biscuits (Contains Wheat, Milk, Soya) (May Contain Nuts)	Lemon Sponge with Custard (Contains Wheat, Egg)	Yoghurt (Contains Milk)	Fruit Cocktail
	Blue Option	Jammie Dodgers (Contains Wheat, Sulphites) (May Contain Milk)	Fresh Fruit	Vanilla Ice Cream Tub (Contains Milk)	Crackers and Cheese (Contains Milk, Wheat, Gluten)	Hot Chocolate Sponge and Custard (Contains Wheat, Egg, Milk) (May Contain Nuts)
Week Two						
		Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Red Option	Mac and Cheese (Contains Wheat, Milk)	Salmon & Cod Fishcakes (Contains Wheat, Fish)	Chicken Korma Curry (Contains Milk)	Beef Burger in a Bun (Contains Celery, Gluten, Wheat) (May contain Oats, Rye and Sesame)	Fish Finger (Contains Fish, Wheat, Soya)
	Green Option	Quorn Vegan Sausage (Contains Wheat)	Cheese Pasty (Contains Wheat, Milk)	Vegetarian Korma Curry (Contains Milk)	Quorn Burger in a Bun (Contains Barley, Gluten, Egg, Milk, Soya, Wheat) (May contain Oats, Rye and Sesame)	Jacket Potato with Cheese and Beans (contains milk)
Both Dishes will be served with		Fries, Peas and sweetcorn	Mashed Potato and carrots (Contains Milk)	Rice and Naan Bread (Contains Milk, Wheat)	French Fries and Veggie sticks	Chips and beans (Jacket potato will not be served with Chips)
Puddings	Yellow Option	Fruit Salad	Biscuit Assortment (Contains Wheat, Milk, Soya) (May Contain Nuts)	Ginger Iced Sponge (Contains Wheat, Eggs)	Yoghurt (Contains Milk)	Fresh Fruit
	Blue Option	Vanilla Artic Roll (Contains Wheat, Milk, Egg, Soya)	Fruit Cocktail	Fresh Fruit	Crackers and Cheese (Contains Milk and wheat)	Chocolate Ice Cream Tub (Contains Milk)



- Vegetarian Meals

In addition squash is served along with bread and salad