

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**

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) ✓	Roast Chicken Breast with Yorkshire Puddings and Vegetarian Gravy (Contains, Wheat, Egg, Milk)	Tomato and Basil Pasta and Garlic Bread (Contains Milk, Wheat) ✓ (May Contain Soya)	Jumbo Fish Finger (Contains Fish, Wheat) ✓
	Green Option	Vegan Sausage (Contains Wheat) ✓	Cheese & Tomato Pizza (contains milk, wheat) ✓	Vegan Fillet with Yorkshire Puddings and Vegetarian Gravy (Contains, Wheat, Egg, Milk)	Vegetable Samosa and Onion Bhaji (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)	Roast Potatoes, Peas and Sweetcorn (Contains Wheat)	Spiced Potato Cubes and Sweetcorn (Contains Wheat and Milk)	Chips and Peas
Puddings	Yellow Option	Rice Pudding (Contains Milk)	Biscuits (Contains Wheat, Milk, Soya) (May Contain Nuts)	Cheese and Crackers (Contains Milk, Wheat, Gluten)	Yoghurt (Contains Milk)	Fresh Fruit
	Blue Option	Jammie Dodgers (Contains Wheat, Sulphites) (May Contain Milk)	Syrup Sponge and Custard (Contain Milk, Eggs, Wheat)	Vanilla Ice Cream Tub (Contains Milk)	Lemon Sponge (Contains Wheat, Egg)	Angel Delight (Contains Milk)
Week Two						
		Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Red Option	Mac and Cheese (Contains Wheat, Milk) ✓	Chicken Nuggets (Contains Wheat)	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) ✓	Vegan Nuggets (Contains Wheat) ✓	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	Spiced Wedges 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	Tropical Fruit Salad	Biscuit Assortment (Contains Wheat, Milk, Soya) (May Contain Nuts)	Chocolate Ice Cream Tub (Contains Milk)	Yoghurt (Contains Milk)	Fresh Fruit
	Blue Option	Vanilla Artic Roll (Contains Wheat, Milk, Egg, Soya)	Hot Chocolate Sponge and Custard (Contains Wheat, Egg, Milk) (May Contain Nuts)	Fresh Fruit	Ginger Iced Sponge (Contains Wheat, Eggs)	Crackers and Cheese (Contains Milk and wheat)



- Vegetarian Meals

In addition squash is served along with bread and salad

Please note we do not use Halal Meat