

# SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, fruit yoghurt, soren and cheese & biscuits  
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.



## Week One

### Meat Free Monday

- ✓ Homemade Macaroni Cheese
- ✓ Vegetarian Sausage Roll, served with savoury potatoes, baked beans or garden peas
- Vanilla Ice Cream

### Tuesday

- ✓ Roast Gammon served with sage and onion stuffing creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy
- ✓ Cajun Chicken served with tomato penne and fresh carrots and broccoli
- Fresh Fruit Segments or yoghurt

### Wednesday

- ✓ Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas
- Homemade Blueberry Cake

### Thursday

- ✓ Oven baked Fish Stars served with chunky chipped potatoes, garden peas or baked beans
- ✓ Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans
- Homemade Shortbread Biscuit

### Friday

- ✓ Homemade Spaghetti Bolognese served with garden peas
- ✓ Homemade Cheese Flan served with baked wedged potatoes garden peas or baked beans
- ✓ Jelly and Fruit

## Week Two

### Meat Free Monday

- ✓ Margarita Pizza served with herby diced potatoes, and sweetcorn
- ✓ Baked Jacket Potato with a selection of fillings
- Vanilla Ice Cream

### Tuesday

- ✓ Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy
- ✓ Tomato and Mascarpone Pasta Bake
- Fresh Fruit Segments or Yoghurt

### Wednesday

- ✓ Chicken curry served with 50/50 rice
- ✓ Jelly and Fruit

### Thursday

- ✓ Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans
- ✓ Red Tractor Chicken Poppers served with chunky chipped potatoes garden peas or baked beans
- Homemade cooks choice Cookie

### Friday

- Italian chicken with sauté potatoes and seasonal vegetables
- ✓ Tuna and Cheese Puffs served with saute potatoes and seasonal vegetables
- Fruit Crumble and Custard

## Week Three

### Meat Free Monday

- ✓ Homemade Tomato Pasta Bake served with seasonal vegetables
- ✓ Crumb coated Quorn Served with herby diced potatoes and baked beans
- Vanilla Ice Cream

### Tuesday

- ✓ Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and broccoli
- ✓ Homemade Cheese and Potato Pie served with fresh carrot and broccoli
- Fresh Fruit Segments or Yoghurt

### Wednesday

- ✓ Chicken Tikka Masala served with 50/50 rice
- Homemade Flapjack

### Thursday

- ✓ Seasoned chicken fillet served with chunky chipped potatoes, garden peas or baked beans
- ✓ Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans
- Chocolate Cake with Orange

### Friday

- ✓ Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas
- ✓ Jacket potato with a selection of fillings
- ✓ Jelly and Fruit

## Chapelford Primary School Menu September 2021/22



= Vegetarian V = Vegetarian substitute available  
Lunch will be served with fresh milk or drinking water.  
All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website [www.warrington.gov.uk/schoolmeals](http://www.warrington.gov.uk/schoolmeals)



**WARRINGTON**  
Borough Council



Menu cycle week one: 6 Sept, 27 Sept, 18 Oct, 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 21 Feb, 14 Mar, 7 Apr  
Menu cycle week two: 13 Sept, 4 Oct, 25 Oct, 15 Nov, 6 Dec, 27 Dec, 17 Jan, 7 Feb, 28 Feb, 21 Mar, 14 Apr  
Menu cycle week three: 20 Sept, 11 Oct, 1 Nov, 22 Nov, 13 Dec, 3 Jan, 24 Jan, 14 Feb, 7 Mar, 28 Mar, 21 Apr