

PRIMARY MENUS from September 2018 to July 2019 The Ellis

Week commencing – 3/9/18, 24/9/18, 15/10/18, 12/11/18, 3/12/18, 7/1/19, 28/1/19, 25/2/19, 18/3/19, 8/4/19, 13/5/19, 10/6/19, 1/7/19, 22/7/19

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	All Day Breakfast; Bacon, Sausage, Hash Brown, Scrambled Egg & ½ Sliced Bread	Spaghetti Bolognaise Crusty Roll	Roast Pork & Apple Sauce with Yorkshire Pudding & Creamed Potatoes	BBQ Chicken Fillet with Rice BBQ Sauce Naan Bread	Fish Cake Or Salmon & Potato Fishcake Chips
Sandwich Selection	Tuna Sandwich Bacon Bap	Ham Sandwich	Cheese Sandwich	Ham Sandwich	Cheese Sandwich
Accompaniments	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Salad & Sweetcorn	Garden Peas Beetroot Tomato Sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Arctic Roll	Homemade Apple Crumble with Custard	Iced Cherry Bakewell	Chocolate Sponge with Chocolate Sauce	Lemon Shortcake with Custard
Daily Selection of Desserts	Fruit Flapjack, Yoghurts, Fresh Fruit Selection	Homemade Cookies, Yoghurts, Fresh Fruit Selection	Yoghurts, Fresh Fruit Selection	Raspberry Ripple Ice Cream, Yoghurts, Fresh Fruit Selection	Victoria Cake slice & Fruit Wedge, Yoghurts, Fresh Fruit Selection
Filled Jacket Potatoes / Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.