

PRIMARY MENUS From September 2018 to July 2019 The Ellis

Week Commencing – 10/9/18, 1/10/18, 22/10/18, 19/11/18, 10/12/18, 14/1/19, 4/2/19, 4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19.

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|--|
| Traditional Meal of the Day | Pizza Slice (1/6) | Homemade Mince Pork Pie & Roast Potatoes, Mint Sauce | Roast Turkey with Stuffing, Creamed Potatoes | 2 Sausages with Homemade Yorkshire Pudding, Creamed Potatoes | Chunky Fish Finger In Bread Roll Chips |
| Sandwich Selection | Tuna Sandwich | Ham Sandwich | Cheese Sandwich | Ham Sandwich | Fish Bap <i>Cheese Sandwich</i> |
| Accompaniments | Baked Beans Coleslaw Green Salad | Sliced Carrots Garden Peas Gravy | Broccoli Sweetcorn Gravy | Cauliflower Savoy Cabbage Gravy | Garden Peas Baton Carrots 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 | Toffee Apple Sponge with Custard | Rice Pudding with Fruit | Frosted Chocolate Brownie | Arctic Roll | Jam Roly Poly with Custard |
| Daily Selection of Desserts | Sweet Pancake with Sliced Banana or Berries & Ice Cream & Toffee Sauce, Yoghurts, Fresh Fruit Selection | Butterfly Buns Yoghurts Fresh Fruit Selection | Yoghurts Fresh Fruit Selection | Raspberry Bun, Yoghurts, Fresh Fruit Selection | Jelly and Ice Cream, 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.