

PRIMARY MENUS From September 2018 to July 2019 The Ellis

Week Commencing – 17/9/18, 8/10/18, 5/11/18, 26/11/18, 17/12/18, 21/1/19, 11/2/19, 11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Southern Style Burger in Wholemeal Breadcake Chips	Beef Strips in Gravy with Yorkshire Pudding Creamed Potato	Roast Gammon & Pineapple with Garlic & Herb Potatoes	Butchers Pork Sausage in a Finger Roll Homemade Jacket Wedges	Battered Fish Creamed Potatoes
Sandwich Selection	Tuna Sandwich	Ham Sandwich	Cheese Sandwich	Sausage Bap Ham Sandwich	Cheese Sandwich
Accompaniments	Green Salad & Coleslaw Salad Cream	Garden Peas Sweetcorn	Baton Carrots Broccoli/Cauliflower Flourets with Cheese Sauce Gravy	Baked Beans Braised Onions	Garden Peas Sliced Carrots Parsley 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	Homemade Chocolate Sponge with Chocolate Sauce	Jelly & Ice Cream	Iced Cake Slice with Fruit Wedges	Banoffee Pie	Homemade Syrup Sponge with Custard
Daily Selection of Desserts	Fruit Flapjack Yoghurts Fresh Fruit Selection.	Homemade Cookies Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Muffins Yoghurts Fresh Fruit Selection	Caramel Slice 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 available. Water is available each day. We use seasonal fruits & vegetables.