



# Our School Food

## Spring 2022

### About the food we serve

We provide a selection of hot and cold lunches, all made in our school kitchen and where possible using fresh ingredients. The lunches meet the Governments school nutritional guidelines, which means that all the children will be provided with the balance of nutrients required to help them concentrate and achieve their full potential, both academically and athletically.

### Fresh Food you can trust

We are committed to sourcing ingredients with assured provenance from local and regional suppliers. We use: Free Range Eggs, Farm Assured and Red Tractor accredited British Meat and Poultry as well as Marine Stewardship Approved (MSC) certified fish from sustainable fisheries, our Halal meat is HMC and is also UK sourced.

We take great pride in the food we serve at Priory School and our aim is to encourage children to appreciate good food and understand the benefits of eating a balanced tasty lunch. To this end, we provide an after-school cookery club as well as including cooking in the curriculum. If your child is in Year R, then you have the opportunity to book in for lunch with them on their birthday.

We have a free coffee morning on Thursday after school drop off. Please come along, everyone is welcome .

Please contact Libby Lewis, the Catering Manager:  
[libby.lewis@prioryschool.com](mailto:libby.lewis@prioryschool.com)

### Special Diets

We can cater for specific dietary needs. Our catering staff are trained to cater for pupils with allergies and religious dietary needs including Halal, Vegetarian, Vegan, Gluten Free, Dairy Free, and Egg Free.

Please email Libby Lewis, Catering Manager, to discuss your child's food allergies:

Our kitchen has received 5 stars rating by the Food Hygiene 'Scores on the Doors' rating system.

### Ordering Lunch

The Government is funding free school lunches for children in reception, year 1 and year 2 in state-funded schools in England. If you have a child in this age group, they will be given a school lunch. In Years 3/4/5/6 your child will be able to choose between a home packed lunch or a school lunch.

As of this term, we will be using ParentPay for ordering lunches which you can activate using a unique username and password. Our two course nutritionally balanced meal for £2.20 represents excellent value for money, for years 3, 4, 5 and 6, payment will need to be made at the time of booking on ParentPay. For children in Reception, 1 and 2, there will be no payment required as meals are provided free of charge for these years.

Making your selection via ParentPay will provide you with the flexibility to book a term in advance and to make any changes to your menu choices as required.



Red Tractor Assurance



Marine Stewardship Council  
Certified sustainable seafood








# Week 1



Week Commencing: 03/01/22, 24/01/22, 14/2/22, 14/03/22,  
04/04/22

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Freshly Prepared MSC Salmon and Broccoli Bake (F/M/G)	Red Pesto and Chicken Pasta (G/M)	Pork Sausage in a Yorkshire Pudding (G/E/M)	Oven Roasted Chicken with Sage and Onion stuffing and Gravy (G)	Oven Baked Crispy Battered Fish (F/G)
<b>MAIN HALAL</b>	Freshly Prepared Salmon and Broccoli Bake (F/G/M)	Red Pesto and Halal Chicken Pasta (G/M)	Halal Beef Sausage in a Yorkshire Pudding (G/M/E)	Halal Oven Roasted Chicken with Sage and Onion stuffing and Gravy (G)	Oven Baked Crispy Battered Fish (F/G)
<b>VEGETARIAN</b>	Freshly Baked Cheese & Tomato Pizza with Thin Crust (G/M)	Freshly Baked Vegetarian Sausage Roll (G/S) 	Arrabbiata Pasta (Tomato & Chilli Sauce) (G)	Freshly Prepared Butternut Squash & Red Pepper Curry 	Homemade Vegetable Lasagne(G/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna (E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna (E/F)
<b>SIDE DISH</b>	Peas & Seasonal Salad	Herby Roast Potatoes and Seasonal Salad and Vegetables	Seasonal Vegetables, Mixed Salad	Roast Potatoes and Seasonal Vegetables	Oven Baked Chips Steamed Peas Beans Seasonal Salad
<b>SANDWICH</b>	Freshly Prepared Cheese Baguette (G)	Freshly Prepared Tuna Mayonnaise served in Baguette (F/E/G)	Freshly Made Free Range Egg Mayonnaise served in Roll (E/G)	Freshly Made Ham Wrap (M/G)	Freshly Made Chicken & Mayonnaise Sandwich (E/G)
<b>PUDDING</b>	Home Baked Cherry & Coconut Cake (G/E) Seasonal Fresh Fruit, Yogurt (M)	Home-Baked Oat & Raisin Slice (G/E) Seasonal Fresh Fruit, Yogurt (M)	Homemade Lemon Cake(G/E) Seasonal Fresh Fruit, Yogurt (M)	Cornflake Tart (G/E) Seasonal Fresh Fruit, Yogurt (M)	Home-Made Apple & Oat Cookie (G) Seasonal Fresh Fruit, Yogurt(M)

 = Vegan

Allergen Key – Dish contains:

C=Celery, G=Gluten, CR=Crustaceans, E=Egg, F=Fish, L=Lupin, M=Milk, MO=Mollusc, MU=Mustard, N=Nuts, P=Peanuts, SS=Sesame Seeds, S=Soya, SD=Sulphur Dioxide




# Week 2




Marine Stewardship Council  
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Week Commencing: 10/01/22, 31/01/22, 28/02/22,  
21/03/22

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Tomato and Pasta Bake topped with Cheese (M/G)	Herby and Garlic Chicken	Homemade Savory Lamb Mince Pasties (G)	Oven Roasted Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
<b>MAIN HALAL</b>	Tomato and Pasta Bake topped with Cheese (M/G)	Herby and Garlic Halal Chicken	Homemade Savory Halal Lamb Mince Pasties (G)	Oven Roasted Halal Chicken Breast with Sage & Onion Stuffing (G)	Oven Baked Crispy Breaded Fish (F/G)
<b>VEGETARIAN</b>	Oven Roasted Seasonal Vegetables in a Puff Pastry Triangle (G) 	Southern Quorn Burger in a Bun with wedges (G/E/M)	Freshly Baked Cheese Tomato Pizza (G/M)	Oven Roasted Quorn with Sage & Onion Stuffing (G/E/M)	Freshly Prepared Vegetable & Cheese Filled Enchiladas(G/)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans, Cheese (M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese (M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese (M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese (M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese (M) or Tuna(E/F)
<b>SIDE DISH</b>	Freshly Prepared Vegetable Sticks, Sweetcorn, Oven Baked Wedges & Seasonal Salad	Corn on the cob, Sweet corn, Herby diced Potatoes or Seasonal Salad	Creamy Mashed Potato Fresh Cabbage, Carrot and Cucumber Batons	Oven Roasted Potatoes Steamed Fresh Broccoli & Carrots	Oven Baked Chips Steamed Peas Beans Seasonal Salad
<b>SANDWICH</b>	Freshly Made Free Range Egg Mayonnaise Baguette(E/G)	Freshly Prepared Tuna Mayonnaise served in Wrap(F/E/G)	Freshly Prepared Whole meal Ham Sandwich (G)	Freshly Made Cheese Roll (G/M)	Freshly Made Chicken & Mayonnaise Baguette (E/G)
<b>PUDDING</b>	Home Baked Cornflake & Coconut Cookie (G/E)  Seasonal Fresh Fruit, Yogurt(M)	Freshly Made Cherry Shortbread (G)  Seasonal Fresh Fruit, Yogurt(M)	Ice Cream (M)  Yogurt(M)	Home-Baked Mixed Berry Flapjack(G)  Seasonal Fresh Fruit, Yogurt(M)	Freshly Baked Chocolate & Pear Cupcake (G/E)  Seasonal Fresh Fruit, Yogurt(M)

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# Week 3



Week Commencing: 17/01/22, 7/2/22, 7/3/22, 28/3/22

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Tuna and Pasta Bake (G/F/M)	Chicken Breast Burger (G/E)	Freshly Prepared Pork Meatballs with Homemade Tomato Sauce (G)	Roast Beef, Yorkshire Pudding(G/E/M) and Gravy	Oven Baked Cod Fish Fingers (F/G)
<b>MAIN HALAL</b>	Tuna and Pasta Bake (G/F/M)	Halal Chicken Breast Burger (G/E)	Freshly Prepared Halal Lamb Meatballs with Homemade Tomato Sauce (G)	Halal Roast Beef, Yorkshire Pudding (G/M/E) and Gravy	Oven Baked Cod Fish Fingers (F/G)
<b>VEGETARIAN</b>	Freshly Prepared Cheese and Tomato Puff Pastry Melt (G/M)	Vegetable Burger in a Bun(G) 	Home Made Leek and Potato Pie (G/M)	Veggie Sausage and Pepper Pasta Bake (G)	Home Baked Cheese and Tomato Quiche (G/E/M)
<b>JACKET POTATO</b>	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna(E/F)	Oven Baked Jacket Potato with Baked Beans, Cheese(M) or Tuna(E/F)
<b>SIDE DISH</b>	Baby Potatoes Steamed Fresh Broccoli & Seasonal Salad	Oven Baked Wedges, Vegetable Sticks & Green Beans  Seasonal Salad	Rice & Sweetcorn  Seasonal Salad	Roast Potato, Fresh Vegetables & Seasonal Salad	Oven Baked Chips, Peas, Baked Beans
<b>SANDWICH</b>	Freshly Made Free Range Egg Mayonnaise served in Whole meal Bread (E/G)	Freshly prepared Cheese Baguette (G/M)	Freshly Prepared Whole meal Ham Sandwich (G)	Freshly Prepared Tuna Mayonnaise served in a Wrap (F/E/G)	Roast Beef and Tomato Brown Roll (G)
<b>PUDDING</b>	Home Baked Mandarin Cake (G/E)  Seasonal Fresh Fruit, Yogurt(M))	Freshly Prepared Raspberry Cheesecake (G/M)  Seasonal Fresh Fruit, Yogurt(M))	Ice Cream (M)  Seasonal Fresh Fruit, Yogurt(M))	Home Baked Chocolate Oat Cookie (G)  Seasonal Fresh Fruit, Yogurt(M))	Home-Made Banana Cake (G/E)  Seasonal Fresh Fruit, Yogurt(M))

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