# **Our School Food**

### Spring Term 2025

#### About the food we serve

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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 where possible, as well as Marine Stewardship Approved (MSC) certified fish from sustainable fisheries, our Halal meat is 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.

#### **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 the <u>office@prioryschool.com</u> to discuss your child's food allergies.

#### **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.

We use ParentPay for ordering lunches which you can activate using a unique username and password. Our two course nutritionally balanced meal for £2.50 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.

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.

















#### Week Commencing: 06/01/2025, 27/01/2025, 24/02/2025, 17/03/2025

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Salmon Fish Cake G\F	Pork Sausage in a Yorkshire Pudding (G\E\M)	Beef Spaghetti Bolognaise (G)	Roast Chicken Sage and Onion Stuffing (G)	Battered Fish (G\F)
MAIN HALAL	Salmon Fish Cake G\F	Halal Chicken Sausage in a Yorkshire pudding (G\E\M)	Halal Beef Spaghetti Bolognaise (G)	Halal Roast Chicken Sage and Onion Suffing (G)	Battered Fish (G\F)
VEGETARIAN	Cheese and Tomato Pizza (G\M)	Mac and Cheese (G\E)	Vegetable Lasagne (G\M)	Quorn Fillet Sage and Onion Stuffing (G)	Quorn Nuggets (G)
JACKET POTATO	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna
Side dish	Seasonal Salad Carrot and Cucumber Batons Baby Potatoes Homemade Bread	Mashed Potato Baked Beans Seasonal Vegetables Homemade Bread	Garlic Bread Seasonal Salad	Seasonal Vegetables Roast Potatoes Gravy Homemade Bread	Oven Roast chips Peas or Beans Seasonal Salad Homemade Bread
SANDWICH	Egg Mayonnaise Roll (G/E )	Tuna Sandwich (G\F\E)	Cheese Sandwich (G/M)	Tuna & Mayonnaise Wrap (F/G/E)	Chicken & Mayonnaise Sandwich (G/E)
PUDDING	Orange Cake (G/E) Fresh Fruit Homemade Yogurt (M)	Apple & Cinnamon Cake (G/E) Fresh Fruit Homemade Yogurt (M)	Jelly or Ice Cream (M) Fresh Fruit Homemade Yogurt (M)	Strawberry Cheesecake (G/M) Fresh Fruit Homemade Yogurt (M)	Cranberry Oaty Cookie (G) Fresh Fruit Homemade Yogurt (M)



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 Red Tractor Sector







Week Commencing: 13/01/2025, 03/02/2025, 03/03/2025, 24/03/2025

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Arrabbiata Pasta (G)	Cajun Chicken	Beef Cottage Pie (M)	Roast Chicken Sage and Onion Stuffing (G)	Cod Fish Fingers (G\F)
MAIN HALAL	Arrabbiata Pasta (G)	Halal Cajun Chicken	Halal Beef Cottage Pie (M)	Halal Roast Chicken Sage and Onion Stuffing (G)	Cod Fish Fingers (G\F)
VEGETARIAN	Cheese and Tomato Pizza (G\M)	Veggie Burger (G)	Quorn Mince Cottage Pie (E\G)	Quorn Fillet Sage and Onion Stuffing (G)	Lentil and Red Pepper Curry & Naan Bread (G)
JACKET POTATO	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna
SIDE DISH	Seasonal Salad, Carrot/Cucumber Batons, Homemade Bread	Potato Wedges, Baked Beans, Sweetcorn, Homemade Bread	Seasonal Vegetables Homemade Bread	Seasonal Vegetables, Roast Potatoes, Gravy Homemade Bread	Chips, Beans, Peas, Seasonal Salad, Homemade Bread
SANDWICH	Egg Mayonnaise Sandwich (G\E)	Ham Sandwich (G)	Tuna & Mayonnaise Wrap (G\F\E)	Cheese Roll (G\M)	Chicken & Mayonnaise Wrap (G\E)
PUDDING	Chocolate & Raspberry (G/E) Fresh fruit Homemade yogurt (M)	Cookie (G) Fresh fruit Homemade Yogurt (M)	Jelly or Ice cream (M) Fresh fruit Homemade Yogurt (M)	Farmhouse Cake (G/E) Fresh fruit Homemade Yogurt (M)	Shortbread (G) Fresh fruit Homemade Yogurt (M)



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## Week 3 Red Tractor Assurance Marine Stewardship Council



#### Week Commencing: 20/01/2025, 10/02/2025, 10/03/2025, 31/03/2025

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Onion Pasty (G\M)	Piri Piri Chicken	Chicken Burger (G)	Roast Beef in Yorkshire Pudding (G/M/E)	Breaded Fish (G\F)
MAIN HALAL	Cheese and Onion Pasty (G\M)	Halal Piri Piri Chicken	Halal Chicken Burger (G)	Roast Beef in Yorkshire Pudding (G/M/E)	Breaded Fish (G\F)
VEGETARIAN	Cheese and Tomato Pizza (G\M)	Vegan Sausage Roll (G)	Tomato & Basil Pasta (G)	Quorn Sausage in a Yorkshire Pudding (G\M\E)	Cheese & Pepper Melted Wrap G\M
JACKET POTATO	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna	Jacket Potato Cheese/Beans/Tuna
SIDE DISH	Seasonal salad Carrot and cucumber sticks Homemade Bread	Potato Wedges, Sweetcorn Seasonal Salad Homemade Bread	Potato Wedges Seasonal salad Baked Beans Sweetcorn Homemade Bread	Seasonal Vegetables, Roast Potatoes, Gravy Homemade Bread	Oven Baked Chips Peas or Beans Homemade Bread
SANDWICH	Egg Mayonnaise Roll (G/E)	Ham Sandwich (G)	Cheese Roll (G/E)	Ham Sandwich (G)	Chicken & Mayonnaise Wrap (G/E)
PUDDING	Sultana Cookie(G) Fresh Fruit Homemade Yogurt (M)	Cookie (G) Fresh Fruit Homemade Yogurt (M)	Jelly or Ice Cream (M) Fresh Fruit Homemade Yogurt (M)	Chocolate & Cherry Cake (G/E) Fresh Fruit Homemade Yogurt (M)	Oaty Raisin Cookie (G) Fresh Fruit Homemade Yogurt (M)



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