

Knypersley First School

Menu Week 1
Week Commencing: 24/09/18

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Course

Sausage

Roast Pork and Stuffing

Swedish Meatballs served with gravy

Chicken Tikka

Breaded Chicken Goujons

Second Option

Cheesy Pasta Bake

Cheese Oatcakes

Spaghetti Bolognese

Linda McCartney Sausages served with Gravy (V)

Margherita Pizza (V)

Starchy Food

Mashed Potatoes, Pasta

Roast Potato, Oatcakes, Jacket Potato

Mashed Potatoes, Spaghetti, Jacket Potato

Rice & Naan Mashed Potato

Chips, Pizza Bread

Vegetables

Beans, Peas

Country Mix Vegetable

Green Beans

Peas and Carrots

Baked Beans, Sweetcorn

Salad Bar

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Deli

Baked Jacket Potato with a Selection of Fillings (V)

Baked Jacket Potato with a Selection of Fillings (V)

Baked Jacket Potato with a Selection of Fillings (V)

Not available on this day

Not available on this day

Desserts

Muffins served with Custard

Jammy Shortbread Biscuits Served with a Vanilla Custard

Chocolate Crispie Squares

Iced Sponge served with a Vanilla Custard

Flapjack Served with Vanilla Custard

Drinks

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Knypersley First School

Menu Week 2
Week Commencing:: 08/10/2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main
Course

Sausage and Yorkshire
Pudding served with Gravy

Meat and Potato Pie
served with Gravy

Chicken Tikka

Roast Chicken served with
Gravy

Fish and chips

Second
Option

Tuna Pasta Bake

Cheese Oatcakes

Vegetarian Meatballs in
Gravy

Spaghetti Bolognaise

Margherita Pizza (V)

Starchy
Food

Mashed Potatoes, Pasta,
Jacket Potato

Potatoes, Jacked Potatoes,
Oatcakes

Rice, Naan Bread, Mashed
Potato

New Potatoes, Pasta,
Garlic Bread

Chips, Pizza Bread

Vegetables

Peas or Baked Beans

Mixed Vegetables, Baked
Beans

Carrots

Sweetcorn and peas

Mushy Peas,
Baked Beans

Salad Bar

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Deli

Baked Jacket Potato with
a Selection of Fillings

Baked Jacket Potato with
a Selection of Fillings

Baked Jacket Potato with
a Selection of Fillings

Not available on this day

Not available on this day

Desserts

Chocolate and Cherry
Muffin with a Vanilla
Custard

Shortbread Served with
Custard

Cherry and Apple Crumble
served with Custard

Iced Sponge
served with a
Vanilla Custard

Chocolate Crunch served
with Peppermint Custard

Drinks

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Knypersley First School

Menu Week 3
Week Commencing 17/09/2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main
Course

Meatballs in a Tomato
Sauce

Cottage Pie

Chicken Tikka

Roast Beef served with
Gravy

Breaded Chicken Goujons

Second
Option

Cheese Lattice

Cheese Oatcakes

Linda McCartney Sausages
served with Gravy

Macaroni Cheese

Margherita Pizza

Starchy
Food

Pasta & Garlic Bread,
Mashed Potato
Jacket Potato

Seasonal Potatoes,
Oatcake, Jacket Potato

Rice & Naan, Pasta,
Jacket Potatoes

Roast Potatoes, Potato
Wedges, Jacket Potato

Chips, Pizza Bread

Vegetables

Baked Beans

Carrots or baked Beans

Sweetcorn and Peas

Selection of Seasonal
Vegetables

Garden Peas or
Baked Beans

Salad Bar

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Crudités and a Mixed
Salad Bowl

Freshly prepared salad,
vegetables and fresh fruit

Deli

Baked Jacket Potato with
a Selection of Fillings (V)

Baked Jacket Potato with
a Selection of Fillings (V)

Baked Jacket Potato with
a Selection of Fillings (V)

Not available on this day

Not available on this day

Desserts

Plain Muffin served with a
Vanilla Custard

Jammy Shortbread
Biscuits Served with a

Flavoured Jelly

Iced Sponge served with a
Vanilla Custard

Shortcake served with a
Vanilla Custard

Drinks

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Knypersley First School

Menu Week 4
Week Commencing: 15/10/2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main
Course

Sausage

Chicken and Vegetable Pie

Chicken Tikka

Roast Pork and stuffing
served with Gravy

Fishcakes

Second
Option

Cheesy Pasta Bake

Cheese Oatcakes

Linda McCartney Sausages
served with Gravy (V)

Tomato pasta served with
Garlic Bread (V)

Margherita Pizza (V)

Starchy
Food

Mashed Potatoes, Pasta,
Jacket Potato

Roast Potato, Oatcakes,
Jacket Potato

Rice & Naan
Mashed Potato,
Jacket Potato

Mashed Potatoes, Pasta &
Garlic Bread

Chips, Pizza Bread

Vegetables

Beans

Country Mix Vegetables

Green Beans

Peas and Carrots

Baked Beans, Sweetcorn

Salad Bar

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Freshly prepared salad,
vegetables and fresh fruit

Deli

Baked Jacket Potato with
a Selection of Fillings (V)

Baked Jacket Potato with
a Selection of Fillings (V)

Baked Jacket Potato with
a Selection of Fillings (V)

Not available on this day

Not available on this day

Desserts

Carrot Cake

Cherry and Apple Crumble
served with Custard

Chocolate Orange Cookie

Iced Sponge served with a
Vanilla Custard

Flapjack Served with
Vanilla Custard

Drinks

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Water, Squash or
Semi-Skimmed Milk

Knypersley First School

Menu Week 5
Week Commencing:: 22/10/2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Course

Sausage and Yorkshire Pudding served with Gravy

Meat and Potato Pie served with Gravy

Chicken Tikka

Roast Chicken served with Gravy

Breaded Chicken Goujons

Second Option

Tuna Pasta Bake

Cheese Oatcakes

Vegetarian Meatballs in Gravy

Spaghetti Bolognaise

Margherita Pizza (V)

Starchy Food

Mashed Potatoes, Garlic Bread, Jacket Potato

Potatoes, Oatcake, Jacket Potatoes

Rice, Naan Bread, Mashed Potato

New Potatoes, Pasta, Garlic Bread

Chips, Pizza Bread

Vegetables

Peas

Mixed Vegetables, Baked Beans

Carrots

Sweetcorn and peas

Mushy Peas, Baked Beans

Salad Bar

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Freshly prepared salad, vegetables and fresh fruit

Deli

Baked Jacket Potato with a Selection of Fillings

Baked Jacket Potato with a Selection of Fillings

Baked Jacket Potato with a Selection of Fillings

Not available on this day

Not available on this day

Desserts

Plain Muffin served with a Vanilla Custard

Chocolate Crispie Squares

Pineapple Upside Down Served with a Custard

Iced Sponge served with a Vanilla Custard

Chocolate Crunch served with Peppermint Custard

Drinks

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk

Water, Squash or Semi-Skimmed Milk