

RYHOPE INFANT SCHOOL ACADEMY  
PRIMARY MENU SEPTEMBER 2022

| WEEK 1   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| MEAL 1   | Margarita Pizza<br>Seasoned Twisters                  | Savoury Mince<br>with Dumpling<br>Parsley Potatoes    | Roast Chicken<br>Yorkshire Pudding<br>Roast Potatoes  | Spaghetti Bolognese                                   | Tempura Battered Cod Fish Fingers<br><br>with chips   |
| MEAL 2   | Keema Curry<br>Savoury Rice                           | Veggie Mince<br>With dumpling                         | Quorn Fillet<br>Yorkshire Pudding & Roast Potatoes    | Macaroni Cheese<br>Tomato Bread                       | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Vegetables   | Baked Beans OR<br>Mixed Vegetables                    | Cauliflower   | Savoy Cabbage   | Whole Green Beans                                     | Garden Peas   |
| SANDWICHES   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Desserts   | Pancakes with<br>Sliced Fruit and Ice Cream           | Fruit Crumble Bar<br>With custard                     | Sticky Toffee Muffin                                  | Pear and Chocolate<br>Traybake                        | Melting Moment<br>Biscuit                             |
| Selected Fresh Fruit, cheese and biscuits & Yoghurt available as a daily alternative |   |   |   |   |   |

| WEEK 2   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| MEAL 1   | Tomato and Mascarponi Pasta<br>Garlic Slice           | Steak and Vegetable Hot Pot<br>Baby New Potatoes      | Sticky Citrus Chicken Wrap<br>Herby Potatoes          | Savoury Mince Beef<br>Yorkshire Pudding<br>Roast Potatoes | Cod Fish Fingers<br>with Chips                        |
| MEAL 2   | Vegetable Enchiladas<br>Sunshine Rice                 | Vegetarian Hot Pot<br>Baby New Potatoes               | Sticky Quorn Wrap<br>Herby Potatoes                   | Vege Mince<br>Yorkshire Pudding & Roast Potatoes          | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Vegetables   | Mixed Vegetables                                      | Glazed Carrots  | Corn on the Cob                                       | Green Cabbage   | Baked Beans   |
| SANDWICHES   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER     | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Desserts   | Steamed Fruit Sponge<br>served with Custard           | Rice Pudding<br>with Chocolate Cracknel               | Toffee Apple Muffin                                   | Courgette Brownie<br>With Iced Cream                      | Citrus Oat Cookie                                     |
| Selected Fresh Fruit, cheese and biscuits & Yoghurt available as a daily alternative |   |   |   |   |   |

| WEEK 3   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| MEAL 1   | Vegetarian Pizza<br><br>Crispy Diced Potatoes         | Mexican Chilli<br><br>Potato Boat                     | Battered Chicken Burger<br>served in Burger Bun<br>Seasoned Potato Wedges | Roast Gammon<br>Baby Roast Potatoes                   | Salmon or Cod Finger<br>with Chips                    |
| MEAL 2   | Veggie Pasta<br>with Crispy Diced Potatoes            | Vegetable Chilli<br>Served in a Potato Boat           | Vegan Country Burger in Bun<br>Seasoned Potato Wedges                     | Quorn Fillet<br>Baby Roast Potatoes                   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Vegetables   | Sliced Green Beans                                    | Sweetcorn   | Baked Beans   | Broccoli  | Mushy Peas  |
| SANDWICHES   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER                     | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Desserts   | Ice Cream Roll<br>served with Peaches & Sauce         | Strawberry and Cream Muffin                           | Fruity Flapjack<br>served with Custard                                    | Orange and Apricot Slice                              | Jam Sandwich Shortcake                                |
| Selected Fresh Fruit, cheese and biscuits & Yoghurt available as a daily alternative |   |   |   |   |   |

| WEEK 4   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|---|--|--|---|
| MEAL 1   | Bonta Italia Picante Pasta<br>Garlic Bread Slice        | Bacon And Egg Muffin or Wrap<br>Potato Crisps         | Chicken Curry<br>Patna Rice / Naan Bread                     | Pork Sausages with Yorkshire Pudding<br>Creamed Potatoes | Big Fish Cake<br>with Chips                           |
| MEAL 2   | Carrot and Sweet Potato<br>Quesadilla WITH Spicy Potato | Quorn Pattie Muffin<br>Potato Crisps                  | Sweet Potato and Veg Curry<br>Patna Rice / Naan Bread        | Quorn Sausages with Yorkie Pudding<br>Creamed Potatoes   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Vegetables   | Sweetcorn and Pea Mix                                   | Baked Beans   | Mixed Vegetables   | Carrot and Cauliflower                                   | Garden Peas   |
| SANDWICHES   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER   | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER        | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER    | Sandwich with salad<br>HAM/CHEESE/TUNA/BREAD & BUTTER |
| Desserts   | Frozen Fruit Yoghurt<br>with Fruit Segments             | Lemon Drizzle Traybake                                | Wellington Fudge Pudding<br>with Mandarins & Chocolate Sauce | Fruit Jelly or Fruit Mousse<br>served with Cream         | Butterscotch Cookie                                   |
| Selected Fresh Fruit, cheese and biscuits & Yoghurt available as a daily alternative |   |   |  |  |   |