

Name.....

Class.....



Acre Rigg Infant School



<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Choice</b>	Pork Meatballs and gravy	Spaghetti Bolognaise	Roast chicken, sage and Onion Stuffing, Gravy	Minced beef and dumplings	Battered cod star and ketchup
<b>Non-Meat Option</b>	Jacket potato with cheese and coleslaw	Cheese and potato cakes	Jacket potato with beans	Cheese & Tomato Pizza	Quorn nuggets
<b>Lighter Option</b>	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)
<b>Accompaniments</b>	Boiled potatoes carrots Mixed Veg	Herb doughballs Baked beans Sweetcorn	Roast Potato swede Green Beans	Creamed potatoes Broccoli carrots	Chips Garden Peas sweetcorn
<b>Traditional Dessert</b> Look out for fruit-based desserts for 50/50	Fruit crumble and custard 50/50	Fruit flapjack	Shortcake	Chocolate sponge and custard	Homemade crunchy biscuit and fruit wedges 50/50
<b>Fruit Option</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Yoghurt Option</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Choice</b>	Pork sausages and gravy	Chicken curry	Roast turkey, sage and onion stuffing and Gravy	Cottage pie and gravy	Fish Fingers
<b>Non-Meat Option</b>	Pasta Neapolitan	Jacket potato with cheese	Plain omelette and coleslaw	Margarita Pizza	Macaroni cheese
<b>Lighter Option</b>	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)
<b>Accompaniments</b>	Creamed potatoes Peas carrots	Wholegrain rice, boiled potatoes Sweetcorn broccoli	Roast Potatoes Cabbage Mixed veg	Potato wedges sweetcorn Green Beans	Chips Garden Peas Baked beans
<b>Traditional Dessert</b> Look out for fruit-based desserts for 50/50	Ginger sponge and custard	Chocolate and mandarin sponge 50/50	Cornflake tart and custard	Marble sponge and custard	Fruity flapjack
<b>Fruit Option</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Yoghurt Option</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

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<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Choice</b>	Sausage and Yorkshire pudding	Chicken Korma	Roast Pork, Sage & Onion Stuffing, Gravy	Mince and onion pie with gravy	Fishcake
<b>Non-Meat Option</b>	Jacket potato with beans	Cheese and tomato pin wheel	Quorn sausages and gravy	Jacket potato with tuna or salmon mayo	Quorn nuggets and ketchup
<b>Lighter Option</b>	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)	Wrap (ham, cheese or tuna)
<b>Accompaniments</b>	Creamed Potatoes Mixed veg sweetcorn	Wholegrain rice Cauliflower Green beans	Roast Potatoes Cabbage carrots	Boiled potatoes Swede broccoli	Chips Garden Peas Baked Beans
<b>Traditional Dessert</b> Look out for fruit-based desserts for 50/50	Fruit crumble and custard	Hot chocolate fudge cake	Flapjack	Chocolate crunch and custard	Homemade crunchy biscuit and fruit wedges 50/50
<b>Fruit Option</b>	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Yoghurt Option</b>	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt