

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>                                                                   | Cheese & Tomato<br>Pizza           | Pasta<br>Bolognese                    | Roast Pork, Sage<br>& Onion Stuffing,<br>Gravy | Chicken Curry                                                    | Battered Fish<br>Fillet                  |
| <b>Non-Meat<br/>Option</b>                                                           | Pasta Neapolitan                   | Cauliflower &<br>Broccoli Bake        | Quorn Roast,<br>Onion Stuffing,<br>gravy       | Plain Omelette                                                   | Quorn Sausage in<br>a Finger Bun         |
| <b>Lighter Option</b>                                                                | Jacket Potato &<br>Beans           | Ham Salad Wrap                        | Jacket Potato &<br>Tuna Mayonnaise             | Egg & Tomato<br>wholemeal Roll                                   | Jacket Potato &<br>Cheese Coleslaw       |
| <b>Accompaniments</b>                                                                | Wedges<br>Mixed salad<br>sweetcorn | Crusty Bread<br>Coleslaw<br>Mixed Veg | Roast Potato<br>Carrots<br>Cauliflower         | Wholegrain rice<br>Wedged Potatoes<br>Mixed salad<br>Green Beans | Ketchup<br>Chips<br>Garden Peas<br>Beans |
| <b>Traditional<br/>Dessert</b><br>Look out for fruit-<br>based desserts for<br>50/50 | Jelly and Fruit<br>50/50           | Marble Sponge<br>&<br>Custard         | Chocolate Crispy<br>&<br>Milk                  | Orange Cupcake<br>&<br>Orange Wedges<br>50/50                    | Ice Cream                                |
| <b>Fruit Option</b>                                                                  | Fruit                              | Fruit                                 | Fruit                                          | Fruit                                                            | Fruit                                    |
| <b>Yoghurt Option</b>                                                                | Yoghurt                            | Yoghurt                               | Yoghurt                                        | Yoghurt                                                          | Yoghurt                                  |

Please choose a **Main**, **Non-Meat** or **Lighter Option** and a **Dessert/Fruit** or **Yoghurt**. All children will be given accompaniments.

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| Week 2                                                                    | Monday                         | Tuesday                                   | Wednesday                                | Thursday                                               | Friday                        |
|---------------------------------------------------------------------------|--------------------------------|-------------------------------------------|------------------------------------------|--------------------------------------------------------|-------------------------------|
| <b>Main Choice</b>                                                        | Margarita Pizza                | Minced Beef & Yorkshire Pudding           | Roast Chicken Fillet & Gravy             | Sausage Hot Dog                                        | Fish Fingers                  |
| <b>Non-Meat Option</b>                                                    | Macaroni Cheese                | Quorn & Veg Stir Fry                      | Cheese & Tomato Quiche                   | Quorn Sausage Hot Dog                                  | Tomato & Basil Pasta          |
| <b>Lighter Option</b>                                                     | Jacket Potato & Beans          | Egg & Tomato Wholegrain Roll              | Jacket Potato with Tuna Mayonnaise       | Cheese & Tomato Baguette or Panini                     | Ham Wrap                      |
| <b>Accompaniments</b>                                                     | Wedges<br>Beans<br>Mixed Salad | Creamed Potatoes<br>Mixed Veg<br>Broccoli | Roast Potatoes<br>Carrots<br>Cauliflower | Ketchup<br>Sliced Onions<br>Potato Wedges<br>Sweetcorn | Chips<br>Garden Peas<br>Beans |
| <b>Traditional Dessert</b><br>Look out for fruit-based desserts for 50/50 | Jelly & Fruit<br>50/50         | Chocolate Crunch & Custard                | Shortcake & Fruit<br>50/50               | Lemon Love Cake & Custard                              | Ice Cream                     |
| <b>Fruit Option</b>                                                       | Fruit                          | Fruit                                     | Fruit                                    | Fruit                                                  | Fruit                         |
| <b>Yoghurt Option</b>                                                     | Yoghurt                        | Yoghurt                                   | Yoghurt                                  | Yoghurt                                                | Yoghurt                       |

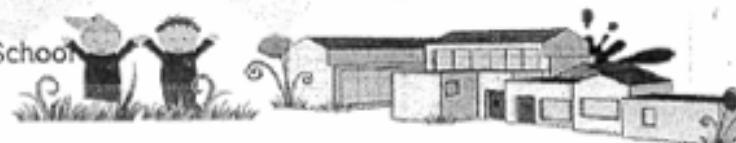
Please choose a **Main**, **Non-Meat** or **Lighter Option** and a **Dessert/Fruit** or **Yoghurt**. All children will be given accompaniments.

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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>                                                                   | Cheese & Tomato<br>Pizza Wheel                                | Beef Burger in a<br>Bun with Salad      | Roast Pork, Sage<br>& Onion Stuffing,<br>Gravy | Beef Chilli                                                 | Salmon & Sweet<br>Potato Fishcake        |
| <b>Non-Meat<br/>Option</b>                                                           | Broccoli Pasta Bake                                           | Veggie Burger in<br>a Bun with Salad    | Quorn Roast,<br>Onion Stuffing,<br>Gravy       | Plain Omelette                                              | Quorn Bites                              |
| <b>Lighter Option</b>                                                                | Jacket Potato &<br>Beans                                      | Ham & Cheese<br>Baguette                | Jacket Potato &<br>Tuna Mayonnaise             | Cheese Savoury<br>Wrap                                      | Cheese & Egg<br>Salad                    |
| <b>Accompaniments</b>                                                                | ½ Jacket Potato<br>Crusty Bread<br>Mixed salad<br>Green Beans | Ketchup<br>Wedges<br>Sweetcorn<br>Beans | Roast Potatoes<br>Carrots<br>Cauliflower       | Wholegrain Rice<br>Boiled Potatoes<br>Broccoli<br>Mixed Veg | Ketchup<br>Chips<br>Garden Peas<br>Beans |
| <b>Traditional<br/>Dessert</b><br>Look out for fruit-<br>based desserts for<br>50/50 | Orange/Lemon<br>Sponge<br>50/50                               | Marble Sponge<br>&<br>Custard           | Flapjack &<br>Sultanas<br>50/50                | Chocolate Sponge<br>& Custard                               | Ice Cream & Fruit<br>50/50               |
| <b>Fruit Option</b>                                                                  | Fruit                                                         | Fruit                                   | Fruit                                          | Fruit                                                       | Fruit                                    |
| <b>Yoghurt Option</b>                                                                | Yoghurt                                                       | Yoghurt                                 | Yoghurt                                        | Yoghurt                                                     | Yoghurt                                  |