# Autumn/Winter Menus 2023

**St Peter's Primary School are delighted to present our new 3- week menu cycle for November to February half term**

We have put together a new set of menus for the Autumn/Winter term, featuring many of our pupils' favourite dishes along with some variations to take advantage of the fresh seasonal produce grown on our doorstep.

We would hope that you will continue to support the school's catering service by purchasing a meal which we believe is excellent value at £2.50 a day.

We also hope you will encourage your child to take up their free meal entitlement, with the introduction of the 'Government's Universal Infant Free School Meals Initiative' for all children in Reception, Year 1 & Year 2.

In addition to this menu, available daily are:

- Freshly Made Bread
- Selection of Salads and Fresh Fruit
- Assorted Yoghurts
- Vegetarian Vegan options always available.

**Allyson Brown, Head Teacher**

"Having experienced a lunchtime meal at my child's school today, I am delighted to relay that I really enjoyed a healthy appetising meal. I wish I had meals like this when I was at school "

**Parent Comment**

"I would like to pass on my gratitude to the cook for affording me the time to go through menus to cater for my child's specific diet requirements. This has filled me with confidence in knowing that my child is being safely and admirably catered for"

**Parent Comment**

St Peter's Primary School has enlisted the help of WLP Consultancy Services, to ensure the menus are nutritionally balanced and created for your child's development and enjoyment.

**Special Diets also form an important part of the catering provision we offer, catering for those children with an intolerance to specific foods, for example:**

- **Food Intolerance**
- **Food Allergy**
- **Food Aversion**
- **Medical Conditions**
- **Ethnic Minority Groups**

**If your child requires a special diet or you would like to discuss the menu in more detail, please do not hesitate to contact: Haley Evanson- Smith, Cook in Charge**

WLP CONSULTANCY SERVICES

# LUNCH IS SERVED

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ST PETER'S

Empower Trust
Inspire to Achieve

| | WEEK 1 | WEEK 2 | WEEK 3 |
|---|---|---|---|
| | **W/C: 31st Oct, 21st Nov, 12th Dec,16th Jan, 6th Feb** | **W/C: 7th Nov, 28th Nov, 4th Jan, 23rd Jan, 13th Feb** | **W/C: 14th Nov, 5th Dec, 9th Jan, 30th Jan** |
| MONDAY | Beef or Quorn Bolognaise with Penne Pasta<br>Jacket Potatoes with various fillings<br>Cheesy Garlic Bread<br>Salad Bar, Steamed Cauliflower<br>Chocolate Crunch Cake | Meatballs or Quorn Balls in Tomato & Basil Sauce<br>Jacket Potatoes with various fillings<br>Penne Pasta<br>Salad Bar, Broccoli<br>Selection of Muffins | Oven Baked Fish Fingers or Vegetable Fingers<br>Jacket Potatoes with various fillings<br>Oven Baked Chips<br>Salad Bar, Garden Peas, Baked Beans<br>Lemon Drizzle Cake |
| TUESDAY | Chicken or Vegetable Nuggets<br>Jacket Potatoes with various fillings<br>Herby diced Potatoes<br>Salad Bar, Carrots, Baked Beans<br>Shortbread | Young's Fish Cake, Cheese Pasty<br>Jacket Potatoes with various fillings<br>Oven Baked Chips, Mashed Potato<br>Salad Bar, Baked Beans, Garden Peas<br>Shortbread | Chicken Bites or Quorn with Sweet & Sour Sauce<br>Jacket Potatoes with various fillings<br>Steamed Noodles, 50/50 Egg Fried Rice<br>Salad Bar, Carrots, Steamed Cabbage<br>Selection of Cookies |
| WEDNESDAY | Chicken Curry<br>Young's Fish Cake with Oven Baked Chips<br>Jacket Potatoes with various fillings<br>50/50 Rice, Naan Bread<br>Salad Bar, Garden Peas<br>Steamed Golden Syrup Sponge & Custard | Tuna & Sweetcorn Pasta, Pasta with Tomato & Basil Sauce<br>Jacket Potatoes with various fillings<br>Penne Pasta, Salad Bar, Carrots<br>Steamed Jam Sponge & Custard | Chicken & Sweetcorn Pasta or Pesto Pasta<br>Jacket Potatoes with various fillings<br>Cheesy Garlic Bread<br>Salad Bar, Green Beans, Baked Beans<br>Steamed Chocolate & Pear Sponge & Custard |
| THURSDAY | Pork or Quorn Sausage with Gravy<br>Jacket Potatoes with various fillings<br>Mini Potato Rosti, Mashed Potato<br>Salad Bar, Carrots, Steamed Broccoli<br>Banana or Apple Flapjack | Minced Beef or Three Bean Taco<br>Jacket Potatoes with various fillings<br>Steamed 50/50 Rice, Potato Wedges<br>Salad Bar, Sweetcorn<br>Selection of Cookies | Pork or Quorn Sausage in Hot Dog Roll<br>Jacket Potatoes with various fillings<br>Oven Baked Chips, BBQ Sauce, Ketchup<br>Salad Bar, Sweetcorn<br>Fruit Salad, Jelly |
| FRIDAY | Cheese & Tomato Pizza, BBQ Chicken Pizza<br>Jacket Potatoes with various fillings<br>Penne Pasta , Oven Baked Chips<br>Salad Bar, Sweetcorn, Baked Beans<br>Cheshire Creamery Ice Cream | Roasted Vegetable Pizza, Three Cheese Pizza<br>Jacket Potatoes with various fillings<br>Oven Baked Chips, Penne Pasta<br>Salad Bar, Sweetcorn, Baked Beans<br>Mrs Evanson's Chocolate Mud Cake | BBQ Chicken Pizza, Cheese & Tomato Pizza<br>Jacket Potatoes with various fillings<br>Potato Wedges Pasta<br>Salad Bar, Baked Beans<br>Raspberry Ripple Mousse |