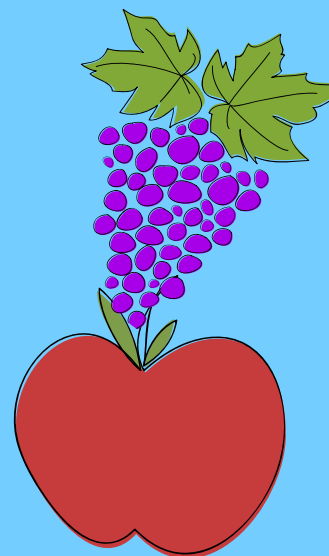


RYEFIELD PRIMARY SCHOOL AUTUMN TERM 21/22



MEAL PLAN

MON

TUE

WED

THU

FRI

WEEK ONE

M: Sausage and mash
H: Sausage and mash
V: Veg Sausage and mash
P: Vanilla Sponge

M: Chilli Con Carne & Taco
H: Chilli Con Carne & Taco
V: Quorn Chilli
P: Oaty Flapjack

M: Chicken noddle chow mein & egg fried rice
H: Chicken noddle chow mein & egg fried rice
V: Mixed Veg Omelette & Egg fried rice
P: Carrot Cake

M & H: Macaroni Cheese
V: Roasted Veg Tart
P: Rice Crispy Bar

M & H: Fish fingers with chipped potatoes
V: Veg Burger & Chips
P: Ice Cream

WEEK TWO

M: Cheese Pizza & Garlic bread
H: Cheese Pizza & Garlic bread
V: Stuffed Pepper
P: Cocoa Sponge

M: Spaghetti Bolognese
H: Spaghetti Bolognese
V: Three Bean Stew
P: Shortbread

M: Chicken Enchiladas & Sautee Potatoes
H: Chicken Enchiladas & Sautee Potatoes
V: Vegetable wrap
P: Glazed orange cake

M: Tuna Pasta Bake
H: Tuna Pasta Bake
V: Pea Risotto
P: Gingerbread

M & H: Fish burger with chipped potatoe
V: Veg nuggets & chips
P: Ice Cream

WEEK THREE

M: Hot Dog
H: Hot Dog
V: Cauliflower & Broccoli Bake
P: Brownie Bar

M: Lasagne & Garlic Bread
H: Lasagne & Garlic Bread
V: Vegetable Lasagne & Garlic Bread
P: Banana Cake

M: Chinese Chicken Curry & boiled rice
H: Chinese Chicken Curry & boiled rice
V: Chicken Lentil Curry
P: Melon Slices

M: Chicken Puff & savoury rice
H: Chicken Puff & savoury rice
V: Roasted Tomato Puff
P: Sprinkle Sponge

M & H: Fish fingers and chipped potatoes
V: Breaded Halloumi Sticks
P: Ice Cream

JACKET POTATO AND, PLAIN PASTA WITH CHEESE, BEANS AND TUNA IS AVAILABLE DAILY

KEY CODE: M = MAIN, H = HALAL, V = VEGETARIAN, AND P = PUDDING