

SQUIDS



HEALTHY HAPPY FOOD FOR LIFE

Ryefield Primary School

Spring/Summer 19/20



			Monday	Tuesday	Wednesday	Thursday	Friday	
SQUID WEEK 1	Week 1 W/B	Main	cheese & tomato pizza	Thai Chicken Curry with Sticky rice	Roast turkey with all the trimmings	Minced steak pie with herby new potatoes	Fish fingers with Chipped Potatoes	
	24.01.20							
	16.03.20	Halal Main	cheese & sweetcorn pizza	Beef bolognaise with spaghetti	Roast Chicken with all the trimmings	Turkey enchiladas with herby rice		
	20.04.20							
	11.05.20	Vegetarian	quorn sausage dog	Roasted Vegetable medley	Broccoli bake	Cheese & leek twists		Veggie burger
	08.06.20	Deli Option		Ham Roll		Cheese baguette		
	29.06.20	Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		Seasonal Vegetables
	Dessert	Summer Fruit cake	Fruit Cocktail with Smoothie	Raspberry ice cream	Iced sprinkle sponge	Iced fruit pops		
SQUID WEEK 2	Week 2 W/B	Main	Cheese & sweetcorn pasta bake	Shepherds pie	Roast Chicken with all the trimmings	Beef Bolognaise with spaghetti	fish portion with chipped potatoes	
	02.03.20							
	23.03.20	Halal Main	Beef lasagne & garlic bread	sausage & mash	Roast beef with all the trimmings	Thai green chicken curry with rice	Salmon Fishcakes with chipped potatoes	
	27.04.20							
	18.05.20	Vegetarian	Cauliflower bhaji	Vegetable chow mein	Baked butternut squash	Veggie Taco	Veggie nuggets	
	15.06.20	Deli Option		Tuna & sweetcorn wrap		Chicken pasta pot		
	06.07.20	Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
	Dessert	Apple & cinnamon crumble	Fruit flapjack	Strawberry Jelly	Carrot Cake	Oaty Chocolate Shortbread		
SQUID WEEK 3	Week 3 W/B	Main	Sausage & Mash	Turkey enchiladas with herby rice	Roast beef with all the trimmings	Beef Lasagne with garlic bread	Fish fingers with Chipped Potatoes (W,F)	
	09.03.20							
	30.03.20	Halal Main	Crispy Salmon fritter	Shepherds pie	Roast turkey with all the trimmings	Minced steak pie with herby new potatoes		
	04.05.20							
	01.06.20	Vegetarian	Mac & cheese	Veggie Shepherds Pie	Vegetable moussaka	Spinach & potato Curry		Paprika quorn chicken
	22.06.20	Deli Option		Roasted Veggie Pitta		Soy Salmon noodle pot		
	13.07.20	Sides	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		Seasonal Vegetables
	Dessert	Lemon Drizzle	Fresh Fruit Slices	Artic roll	Strawberry cheesecake	Fruit Lollies		

All deli options will be served with a side salad

Homemade Bread (W), Selection of Salads, Jacket Potato and fillings, Plain Pasta (W) with toppings, plus Fresh Fruit, Cheese and Biscuits (W,M) & Yoghurt (M)