

## Bampton Church of England Primary School Lunch Menu - Summer 2023 - 1st Half Term

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	Pasta bolognese, broccoli, garlic bread and salad ✓ Tomato tumble pasta Fruit shortcake and orange juice	Pasta carbonara, sweetcorn and garlic bread ✓ Bean paella, garlic bread Chocolate cracknel and milkshake	Homemade sausage casserole, creamed potatoes, runner beans ✓ Vegetarian sausage casserole Fruit biscuit and milkshake	Homemade meatballs in a creamy tomato sauce, pasta, sweetcorn, garlic bread ✓ Roasted vegetable couscous, garlic bread Apple cake
<b>Tuesday</b>	Sweet maple chicken in a bun with pasta salad, potato salad, green salad, coleslaw ✓ Homemade leek and potato soup with a homemade roll Fruit jelly	Homemade chicken pie, creamed potatoes, farmhouse mixed vegetables, gravy ✓ Roasted vegetable tart Mousse pot or cheese crackers, fruit	Homemade beef lasagne, potato wedges, coleslaw, garlic bread ✓ Quorn and vegetable pasta stir-fry Peaches and ice-cream	✓ Homemade cheese and tomato pizza, pasta salad, potato salad, green salad, coleslaw Orange and mango smoothie
<b>Wednesday</b>	Oven baked sausages, creamed potatoes, baked beans, peas ✓ Homemade country vegetable pie Fudge tart	Beef burger in a bun, potato wedges, coleslaw, pasta salad, potato salad ✓ Homemade bean burger Iced carrot cake	Homemade sweet and sour chicken, rice, broccoli ✓ Homemade homity pie, broccoli Melting moments and fruit juice	Homemade sausage roll, creamed potatoes, baked beans, peas ✓ Homemade veggie sausage roll Chocolate drop biscuit and milk
<b>Thursday</b>	Roast beef, roast potatoes, carrots, cauliflower, gravy ✓ Lentil loaf Summer fruit crumble and custard	Roast gammon, roast potatoes, carrots, whole green beans, gravy ✓ Vegetable crumble Custard biscuit and fruit juice	Roast pork, roast potatoes, carrots, fresh cabbage, gravy, apple sauce ✓ Roasted vegetable tart Sticky toffee pudding and custard	Roast chicken, roast potatoes, carrots, broccoli, gravy ✓ Cauliflower cheese Strawberry biscuit bar and custard
<b>Friday</b>	Golden salmon bites, oven baked fries, sweetcorn, tomato sauce ✓ Chickpea fritters with homemade tzatziki Date crispy crunch	Oven baked battered cod, fries, baked beans, peas ✓ Vegetable muffin Fruity flapjack and milk	Oven baked fishcake, fries, wholewheat spaghetti hoops, peas, tomato sauce ✓ Cheese salad filled pitta bread with fries Muesli crunch and milk	Oven baked fish fingers, fries, mixed vegetables, tomato sauce ✓ Vegetable quiche, fries Coconut crunchies and fruit juice

<b>Month</b>	<b>Week 1</b>	
	<b>Week 2</b>	
	<b>Week 3</b>	
	<b>Week 4</b>	

<b>April</b>	M								
	Tu					17	24		
	W					18	25		
	Th					19	26		
	F					20	27		
					21	28			

<b>May</b>	M						15	22	
	Tu	2	9	16	23				
	W	3	10	17	24				
	Th	4	11	18	25				
	F	5	12	19	26				

**School lunches cost £2.20 per day**

If you think that your child may be entitled to free school meals please speak to the school office

**✓ - Suitable for vegetarians**