

# Bampton Church of England Primary School Lunch Menu - Spring 2024 - 1st Half Term

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	Freshly made pork balls in a tomato sauce, pasta spirals, broccoli, garlic bread v Tomato tumble Orange and mango smoothie or cheese, crackers and apple	Pasta bolognaise, peas and garlic bread v Quorn bolognaise, pasta, peas and garlic bread Fruit salad and Ice cream	Freshly made pasta carbonara sweetcorn and garlic bread. v Cauliflower cheese, sweetcorn and garlic bread. Oat slice and orange Juice	v Macaroni cheese, sweetcorn and garlic bread Coconut Crunchie
<b>Tuesday</b>	v Homemade cheese and tomato pizza, coleslaw, pasta salad, green salad, potato salad Shortcake and fruit juice	Homemade sausage roll, creamed potatoes and baked beans v Homemade vegetarian sausage roll Creamed rice pudding with warm jam	Beef burger in a bun, potato wedges, coleslaw, salad, BBQ sauce v Homemade vegetable soup with a freshly made bread roll Fudge tart	Homemade Sweet & Sour Chicken, Rice, green beans v Kublichana Banana custard
<b>Wednesday</b>	Mild chilli con carne, rice and broccoli v Vegetable risotto and broccoli Muesli crunch	Sweet and sticky chicken in a bun, salad v Egg roll with salad Chocolate orange slice	Creamy mild chicken curry, naan bread, rice, broccoli, mango chutney v Tomato pasta bake, broccoli Strawberry biscuit bar and custard	Oven baked sausages creamed potatoes, spaghetti hoops v Veggie sausages, creamed potatoes, spaghetti hoops Fruit Jelly
<b>Thursday</b>	Roast Chicken, roast potatoes, carrots, fresh cabbage, gravy v Leek bake Iced sponge or fruit salad	Roast Pork, roast potatoes, carrots, green beans, gravy v Savoury spinach muffin, roast potatoes, carrots, green beans, gravy Fruit crumble and custard	Roast Gammon, roast potatoes, carrots, cauliflower, gravy v Lentil bake Apple ginger cake	Roast Beef, roast potatoes, carrots, broccoli, gravy v Roasted vegetable tart, roast potatoes, carrots, broccoli, gravy Sticky toffee pudding with custard
<b>Friday</b>	Crispy baked battered cod, golden fries, peas, tomato sauce v Vegetable fritters, fries, peas, tomato sauce Fruit flapjack and milk	Oven baked fish cake, fries, sweetcorn and tomato sauce v Tomato and basil tart, fries and sweetcorn Melting moments and fruit Juice	Golden salmon bites, fries, peas, tomato sauce v Stuffed pepper, fries and salad Chocolate drop biscuit and milk	Oven baked fish fingers, seasoned potato wedges, peas, tomato sauce v Spanish omelette Lemon cookie and Juice

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

<b>January</b>	M					
	Tu		8	15	22	29
	W	3	10	17	24	31
	Th	4	11	18	25	30
	F	5	12	19	26	

<b>February</b>	M					
	Tu		5			
	W		6			
	Th	1	8			
	F	2	9			

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

v - Suitable for vegetarians