



# Brooke Primary School Lunch Menu— Autumn Term Pt2 2018



## Menu 1

12th November  
3rd December

\* Jacket Potato  
Beans/Cheese or  
Tuna & Mayon-  
naise

Sweet & Sour Chicken with  
Vegetable Rice  
  
-Or-  
  
Pasta Twists with Beany  
Tomato Sauce (v)  
  
Served with Sweetcorn  
  
Fresh Fruit Salad



Tuesday

Sizzling Sausages  
  
-Or-  
  
Vegetable Sausage Toad in  
the Hole (v)  
  
Served with Mash Potato &  
Sliced Carrots with Gravy  
  
Spiderweb Bakewell Slice



Wednesday

Homemade Beef Burger in  
a Bun  
  
- Or -  
  
Quorn Burger in a Bun (v)  
  
Served with Herby  
Potatoes & Tomato &  
Cucumber Salad  
  
Oaty Chewy Bar



Thursday

Roast Chicken with Stuffing  
Ball & Gravy  
  
-Or-  
  
Roast Honeyed Quorn  
Fillet (v)  
  
Served with Roast Potatoes,  
& Seasonal Veg  
  
Greek Yogurt & Honey



Friday

Pepperoni Pizza  
  
-Or-  
  
Meat Feast Pizza  
  
-Or-  
  
Margherita Pizza (v)  
  
Served with Potato Wedges,  
Fresh Salad & Coleslaw  
  
Pastry Fruit Slice



Fresh Salads  
available daily

A Selection of Fresh  
Fruit or Cheese &  
Biscuits available  
daily as an  
alternative dessert

A two course lunch  
will cost £2.60 per day  
(£13 weekly).

Meals need to be  
booked online via  
[www.schoolmoney.co.uk](http://www.schoolmoney.co.uk)

Key Stage 1 pupils are  
entitled to free school  
meals—please  
complete an  
application form to be  
eligible.

A packed lunch is  
available as an  
alternative if  
required (cheese, ham  
or tuna mayonnaise  
sandwich, vegetable  
selection, raisins &  
dessert of the day).

## Menu 2

29th October  
19th November  
10th December

\* Jacket Potato  
Beans/Cheese  
\* Loaded Bacon &  
Tomato Jacket  
Potato

Chicken Strips in Pitta Bread  
  
-Or-  
  
Vegetable Lasagne with  
Herby Bread (v)  
  
Served with Coleslaw &  
Fresh Salads  
  
Banana & Honey Smoothie



Macaroni Cheese Served  
with Baked Beans  
  
-Or-  
  
Crunchy Quorn Slice (v)  
Served with New Potatoes &  
Minty Peas  
  
Fresh Fruit Slices



Hunters Chicken Bake  
  
-Or-  
  
Quorn Sausages (v)  
  
Served with Half a Jacket  
Potato & Peas  
  
Strawberry Muffin



Roast Loin of Pork with  
Yorkshire Pudding  
  
-Or-  
  
Cheesy Broccoli Bake (v)  
  
Served with Roast Potatoes  
& Seasonal Vegetables  
  
Chocolate Shortbread with  
Orange Wedges



Crunchy Breaded Cod &  
Chips  
  
-Or-  
  
Homemade Veg Pancake  
Bake (v)  
  
Served with Sweetcorn &  
Peppers  
  
Vanilla Ice Cream with  
Cookie Topping



## Menu 3

5th November  
26th November  
17th December

\* Jacket Potato  
Beans/Cheese  
\* Bacon Lettuce &  
Tomato Baguette

Chicken & Rice Burrito  
  
-Or-  
  
Roasted Vegetable  
Burrito (v)  
  
Served with Peas &  
Sweetcorn  
  
Melon & Grape Kebabs



Homemade Scotch Egg  
(Pork)  
  
-Or-  
  
Homemade Vegetarian  
Scotch Egg (v)  
  
Served with New Potatoes &  
Fresh Salad  
  
Fresh Orange Jelly



Beef Lasagne with Herby  
Bread  
  
-Or-  
  
Roast Veg Pasta & Bean  
Bake (v)  
  
Served with Roasted  
Vegetables  
  
Oaty Fruit Crunch & Custard



Roast Turkey Wrapped in  
Bacon with Yorkshire  
Pudding  
  
-Or-  
  
Cheese & Sweet Potato  
Pie (v)  
  
Served with Roast Potatoes,  
& Seasonal Vegetables  
  
Strawberry Mousse



Baked Fish Fingers Served  
with Chips & Peas  
  
-Or-  
  
Salmon & Pea Risotto  
Served with Sweetcorn  
  
Iced Carrot Muffins



Oct 2018

# News from the Kitchen

**D**ear All

We hope you have tried and been enjoying our Autumn term menu 2018. All our meals are home made from fresh locally sourced foods.

If you would like some healthy hints & tips for home pack lunches see the nhs change 4 life healthier lunchboxes link on our school meals page via the school website which can be found under the parent info tab.



**W**e would welcome your feedback or suggestions, please contact the kitchen via the school office email address: [office@brooke.norfolk.sch.uk](mailto:office@brooke.norfolk.sch.uk)



**P**lease remember we are a no nuts school, help us prevent an allergic reaction by NOT bringing onto school premises any peanuts, peanut butter or tree nuts in lunch boxes, for snacks or cake sales. Thank you.

**F**OOD ALLERGENS: For more information about allergens in our food please ask a member of our catering team.

