



Brooke Primary School Lunch Menu— Spring Term Pt2 2019



Monday

Tuesday

Wednesday

Thursday

Friday

Menu 1

11th March

1st April

- * Jacket Potato Beans/Cheese
- * Fresh Tomato Soup with warm bread

Home Made Breaded Chicken Nuggets
-Or-
Carrot Fritters (v)
Served with Smoky Oven Baked Potatoes with Salad Selection
Fresh Smoothie



Baked Sausages
-Or-
Quorn Sausage Casserole (v)
Served with Mash Potato & Green Beans
Orange Polenta Cake

Spaghetti Bolognaise
- Or -
Homemade Fish Cakes(v)
Served with Peas & Sweetcorn
Sticky Toffee Pudding & Custard

Roast Chicken Stuffing Ball & Gravy
-Or-
Ratatouille with butter beans (v)
Served with Roast Potatoes, & Seasonal Veg
Squidgy Banana Cookies

Pepperoni Pizza
-Or-
Ham & Pineapple Pizza
-Or-
Margherita Pizza (v)
Served with Potato Wedges & Baked Beans
Fresh Fruit Kebabs



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.eduspot.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

Mon 25th February

18th March

- * Jacket Potato Beans/Cheese
- * Homemade Mine-strore Soup with Crusty Bread

Pasta Peas & Bacon Bake
-Or-
Lentil Moussaka (v)
Served with Baked Tomatoes & Mushrooms
Chocolate Banana Squares

Goulash with Crusty Bread
-Or-
Aussie Pie (layers of egg, potato & cheese) (v)
Served with Sliced Green Beans
Greek Yogurt & Honey

Chicken Wrapped in Bacon
-Or-
Feta & Tomato Quiche (v)
Served with Herby Potatoes & Sweet Sticky Corn
Melon Smiles

Roast Loin of Pork with Yorkshire Pudding
-Or-
Roast Vegetable & Lentil Slice (v)
Served with Roast Potatoes & Parsnips with Baton Carrots
Bread & Butter Pudding & Custard

Breaded Cod Fillet
-Or-
Cheese & Tomato Triangles (v)
Served with Chips & Peas
Fruity Bread



Menu 3

4th March

25th March

- * Jacket Potato Beans/Cheese
- * Loaded Cheesy Jacket Skins

Macaroni Cheese with Baked Beans (v)
-Or-
Quorn & Vegetable Kebab (v) with Rice & Sweet Chilli Sauce
Date Slice

Mini Meatballs with Tomato Sauce Served with Spaghetti
-Or-
Veggie Mini Meatballs with Tomato Sauce & Spaghetti (v)
Served with Green Beans
Fresh Fruit Slices

Chicken in a Wrap with Sweet Chilli Sauce
-Or-
Roast Vegetable & Halloumi in a wrap (v)
Served with Roasted Vegetables & Couscous
Chocolate Pudding & Chocolate Sauce

Roast Turkey Breast with Yorkshire Pudding
-Or-
Cheese & Leek Yorkshire Pudding (v)
Served with Roast Potatoes, Broccoli, Cauli Florets & Carrots
Buttery Jam Tart

Battered Cod Served with Chips, Sweetcorn & Mushy Peas
-Or-
Quorn & Vegetable Stir-Fry with Noodles (v)
Banana Ice Cream Sundae

Feb 2019

News from the Kitchen

Dear All
We hope you have tried and enjoyed our Spring term menu Part 1. We have made a few small tweaks for the remainder of spring term after February half term break and we hope pupils continue to enjoy, our home made meals which are produced 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.



We would welcome your feedback or suggestions, please contact the kitchen via the school office email address:
office@brooke.norfolk.sch.uk



Please 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.



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