



# Brooke Primary School Lunch Menu— Spring Term Pt1 2019



Monday

Tuesday

Wednesday

Thursday

Friday

## Menu 1

Thurs 3rd January

21st January

11th February

- \* 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



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

Fish Pie with Crispy Potato Topping  
-Or-  
Quorn Mince Cheesy Tacos (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](http://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

7th January

28th January

- \* Jacket Potato Beans/Cheese
- \* Homemade Minestrone Soup with Crusty Bread

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

Turkey & Vegetable Pie  
-Or-  
Aussie Pie (layers of egg, potato & cheese) (v)  
Served with Mashed Potatoes & Gravy  
Greek Yogurt & Honey

Chicken Wrapped in Bacon  
-Or-  
Teta & 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

14th January

4th February

- \* 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

Dec 2018

# News from the Kitchen

**D**ear All  
We hope you have tried and enjoyed our Autumn term menu for 2018. We would like to wish you all a very Merry Christmas and look forward to tempting you with some of our new dishes next term overleaf, please note 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.