

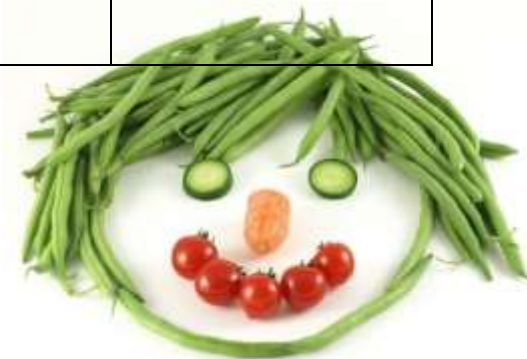


Perton First School Menu Winter 2024



Week 1		Funday Monday	Tasty Tuesday	Wicked Wednesday	Traditional Thursday	Friday Favourites
	Main Meal Choice 1	Lamb Cobbler, mashed potatoes & vegetables	Fresh local sausages, mashed potatoes & gravy	Fresh cheese burger in a homemade wholemeal bun & wedges	Roast local chicken with sage & onion stuffing, gravy, roast or mashed potatoes	Birds Eye Omega 3 Fish fingers with chips
	Main Meal Choice 2	Homemade Margherita Pizza with ½ jacket potato, coleslaw & salad	Lentil Bolognaise with pasta	Quorn burger in a homemade wholemeal bun & wedges	Cath's cheese pie, potatoes & vegetables	Quorn Cottage Pie
	Main Meal Choice 3	Jacket Potato with a choice of fillings and salad bar selection				
	Main Meal Choice 4	Freshly prepared sandwiches on wholemeal bread and salad bar selection				
	Pudding Choice 1	Apple Pie & custard	Banana Muffin custard	Jam Tart & custard	Apple & Pear Crumble & Custard	Chocolate Fudge Pudding & custard
	Pudding Choice 2	Spiderman Iced Sponge	Chocolate Shortbread	Syrup Sponge	Flapjack	Oat Cookie

- Wholemeal bread basket is available daily
- Selection of fresh fruit, salad and seasonal vegetables available daily
- Choice of chilled water, semi skimmed milk or fruit juice to drink
- Muller yoghurts are always available as an alternative to the homemade pudding choices
- All puddings are homemade using wholemeal flour





Perton First School Menu Winter 2024

Week 2		Funday Monday	Tasty Tuesday	Wicked Wednesday	Traditional Thursday	Friday Favourites
	Main Meal Choice 1	Chicken nuggets & potato wedges	Chicken & vegetable stir fry with noodles	Homemade Chicken Curry & rice	Roast local pork with apple sauce, gravy and roast or mashed potatoes	Birds Eye Omega 3 Fish fingers & chips
	Main Meal Choice 2	Cath's Wholemeal Cheese Toastie, potato wedges & baked beans	Homemade Margherita Pizza with ½ jacket potato, homemade coleslaw & salad	Fishcakes & mashed potatoes with baked beans/vegetables	Homemade Quorn chilli Tacos & rice	Veggie fingers & chips
	Main Meal Choice 3	Jacket Potato with a choice of fillings and salad bar selection				
	Main Meal Choice 4	Freshly prepared sandwiches on wholemeal bread and salad bar selection				
	Pudding Choice 1	Lemon Drizzle cake	Syrup Oatie & custard	Fruit & ice cream	Chocolate & Pear sponge & custard	Gingerbread & Banana Iced Sponge & custard
	Pudding Choice 2	Shortbread & custard	Blueberry Muffin	Chocolate Rice Krispie Cake	Cheese, biscuits, apple slices & grapes	Chocolate crunch with sultanas

- Wholemeal bread basket is available daily
- Selection of fresh fruit, salad and seasonal vegetables available daily
- Choice of chilled water, semi skimmed milk or fruit juice to drink
- Muller yoghurts are always available as an alternative to the homemade pudding choices
- All puddings are homemade using wholemeal flour





Perton First School Menu Winter 2024

Week 3		Funday Monday	Tasty Tuesday	Wicked Wednesday	Traditional Thursday	Friday Favourites
	Main Meal Choice 1	Homemade Cottage Pie & vegetables	Hot Dog in a homemade wholemeal bun, potatoes & baked beans	Homemade Beef & Vegetable pie with mashed potatoes & vegetables	Roast chicken breast with sage & onion stuffing, gravy, with roast or mashed potatoes	Birds Eye Omega 3 fish fingers & chips
	Main Meal Choice 2	Homemade Macaroni Cheese	Homemade vegetable lasagne with garlic bread & salad	Homemade Margherita pizza with wedges, coleslaw & salad	Homemade Cheese & Potato Pie	Cheese & Tomato Pasta Bake
	Main Meal Choice 3	Jacket Potato with a choice of fillings and salad bar selection				
	Main Meal Choice 4	Freshly prepared sandwiches on wholemeal bread and salad bar selection				
	Pudding Choice 1	Apple & Banana Cake & custard	Syrup Sponge	Melting Moment custard	Top Hat Sponge Cake	Chocolate sponge & chocolate sauce
	Pudding Choice 2	Chocolate topped Flapjack	Apple Crumble	Strawberry Muffin	Fruit & jelly	Oat cookie

- Wholemeal bread basket is available daily
- Selection of fresh fruit, salad and seasonal vegetables available daily
- Choice of chilled water, semi skimmed milk or fruit juice to drink
- Muller yoghurts are always available as an alternative to the homemade pudding choices
- All puddings are homemade using wholemeal flour





Perton First School Menu Winter 2024

Week 4		Funday Monday	Tasty Tuesday	Wicked Wednesday	Traditional Thursday	Friday Favourites
	Main Meal Choice 1	Homemade lasagne, garlic bread & salad	Homemade Sausage Roll with mashed potatoes & baked beans	Homemade Chicken Fajitas with wedges	Roast Beef, Yorkshire Pudding, gravy and roast or mashed potatoes	Birds Eye Omega 3 fish fingers & chips
	Main Meal Choice 2	Homemade Macaroni Cheese	All Day Vegetarian Breakfast	Homemade Margherita pizza with wedges, coleslaw & salad	Vegetable stir fry with noodles	Homemade Vegetable Biriyani & rice
	Main Meal Choice 3	Jacket Potato with a choice of fillings and salad bar selection				
	Main Meal Choice 4	Freshly prepared sandwiches on wholemeal bread and salad bar selection				
	Pudding Choice 1	Chocolate Pinwheel	Bakewell Tart & custard	Carrot Cake & custard	Chocolate Rice Krispie Cake	Banana & Chocolate Brownie & custard
	Pudding Choice 2	Apple Flapjack & custard	Vanilla ice cream & strawberry sauce	Shortbread	Homemade Rice Pudding & jam	Homemade Raspberry bun

- Wholemeal bread basket is available daily
- Selection of fresh fruit, salad and seasonal vegetables available daily
- Choice of chilled water, semi skimmed milk or fruit juice to drink
- Muller yoghurts are always available as an alternative to the homemade pudding choices
- All puddings are homemade using wholemeal flour

