

Bulphan C of E Academy

Autumn and Winter School Lunch Menu 2023/2024

Week 1 commencing 13th Nov, 4th Dec 2023, 1st Jan, 22nd Jan, 12th Feb, 4th Mar and 25th Mar 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option 1	Beefburger in a soft bun with Tomato Ketchup	Meatballs in Tomato Sauce	Roast Gammon Steak with gravy and Yorkshire Pudding	Cheese and Tomato Pizza Tomato and Basil Pasta	Crispy Coated Fish Fillet
Main Course Option 2	Vegetable Burger in a soft bun with Tomato Ketchup	Quorn Meatballs in a tomato Sauce	Quorn Fillet	Macaroni Cheese	Salmon Fish Fingers
Light Bite Option 3	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad
Accompaniments	Sweetcorn Potato Wedges	Rice Green Beans	Roast Potatoes Fresh Carrots Rich gravy	Coleslaw	Chips Baked Beans
Dessert or Pudding	Fresh Fruit	Fruit cocktail Jelly and Squirry Cream	Peaches and Ice Cream	Homemade Cookie	School Favourite Cake
Other items available	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butters

For Allergen information relating to this menu, please see your school website or contact the school Catering Manager who will be happy to give advice on any aspect of the menu. Menu items are liable to change on occasions.

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Autumn and Winter School Lunch Menu 2023/2024

Week 2 commencing 20th Nov, 11th Dec 2023, 8th Jan, 29th Jan, 19th Feb and 11th Mar 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option 1	Sausage Roll	Southern Coated Chicken Breast Fillet with Tomato Ketchup	Butcher Sausage Roast with Yorkshire Pudding and Gravy	Pepperoni Pizza Wrap Tomato and Basil Pasta	Battered Fish Fillet with Lemon wedge
Main Course Option 2	Meat-free Sausage Roll	Quorn Dippers with Ketchup	Veggie Sausage with Yorkshire Pudding	Macaroni Cheese	Pepper Frittata
Light Bite Option 3	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad
Accompaniments	Mashed Potato Baked Beans	Fluffy Rice Broccoli Florets	Roast Potatoes Cabbage	Sweetcorn	Chips Peas
Dessert or Pudding	Fresh Fruit Pieces or Yeo Valley Yoghurt	American Pancake with Raspberry Sauce	Apple Cake and Custard	Arctic Roll	Fresh Fruit Pot
Other items available	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter

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Week 3 commencing 27th Nov, 18th Dec 2023, 15th Jan, 5th Feb, 26th Feb and 18th Mar 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option 1	New Meat Free Monday! Quorn Dippers	Farmhouse Grill Back Bacon Rasher and Pork Chipolata Sausage	Roast Turkey Breast with Gravy and Yorkshire Pudding	Pizza Panini	Omega 3 Fish Fingers
Main Course Option 2	Macaroni Cheese	Quorn Sausages	Baked Quorn Fillet with gravy	Macaroni Cheese	Fishless Fingers
Light Bite Option 3	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad	Jacket Potato with Tuna Mayo, cheese or beans with Rainbow Salad
Accompaniments	Chips Peas	Hash Brown Baked Beans	New Potatoes Carrots	Potato Wedges Sweetcorn	Chips Peas
Dessert or Pudding	Frozen Yoghurt	Fresh Fruit Pot	Chocolate Orange Cake and Chocolate Custard	Butterscotch Mousse with Banana	Apple Flapjack
Other items available	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter	Wholemeal Bread Salad Bar Yeo Valley Yoghurts Fresh Water Fresh Fruit Crackers and Butter

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