



# DID YOU KNOW?



We use red tractor or farm assured meat in our schools.



We use MSC Certified Fish to encourage sustainable fishing practices

Our seasonal fresh vegetables are sourced from local farms wherever possible and we also use fair trade products

## DIETARY AND ALLERGEN ADVICE

If your child requires a special diet for medical reasons please contact

[SPECIALDIETS@EDWARDSANDWARD.CO.UK](mailto:SPECIALDIETS@EDWARDSANDWARD.CO.UK)

Please note menus subject to change due to unforeseen circumstances



DATE *Spring Summer 2021*

PAY *You!*

SUM OF *Four Hundred and Thirty Seven Pounds*



£437.00



**ALL PUPILS IN RECEPTION UP TO YEAR 2 ARE ENTITLED TO A FREE, NUTRITIOUS SCHOOL MEAL AT LUNCHTIME!** Everyone gets Universal Infant

Free School Meals automatically and will benefit by £437 a year per child.

If your child is in year 3 or above, find out if they could also qualify for a free school meal by contacting the school office.

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*Smile*  
food that makes you happy



# SWANMORE PRIMARY SCHOOL

SPRING / SUMMER 2021

## MENU





# WEEK 1

19/04/2021, 10/05/2021, 31/05/2021, 21/06/2021,  
12/07/2021, 30/08/2021, 20/09/2021, 11/10/2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sweet & Sour Chicken with Rice (WG)  
or  
Tomato, Vegetable & Bean Ragù with Penne (Ve) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Oriental Veg, Green Beans**  
Vanilla Ice Cream & Peaches (V)

Shepherd's Pie  
or  
Honey & Ginger Vegetable Stir Fry (V)  
or  
Jacket Potato with a Choice of Filling  
**Garden Peas, Sweetcorn & Peas**  
Chocolate & Sweet Potato Brownie (V)

Pepperoni Pizza (WG)  
or  
Roasted Vegetable Cous Cous (V)  
or  
Jacket Potato with a Choice of Filling  
**Mixed Salad**  
Pear, Cinnamon & Sultana Crumble (Ve) (WG) with Custard (V)

Roast Chicken with Roast Potatoes & Gravy  
or  
Butternut Squash & Chickpea Thai Curry with Rice (Ve) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Carrots, Cauliflower**  
Fruit Platter (Ve)

MSC Fish Fingers or Salmon Fish Fingers  
with Chips & Tomato Sauce  
or  
Quorn Hot Dog with Chips & Tomato Sauce (V)  
or  
Jacket Potato with a Choice of Filling  
**Garden Peas, Baked Beans**  
Strawberry Jelly & Pineapple Chunks (Ve)

WG – Wholegrains  
V – Vegetarian  
Ve – Vegan



# WEEK 2

26/04/2021, 17/05/2021, 07/06/2021, 28/06/2021  
19/07/2021, 06/09/2021, 27/09/2021, 18/10/2021

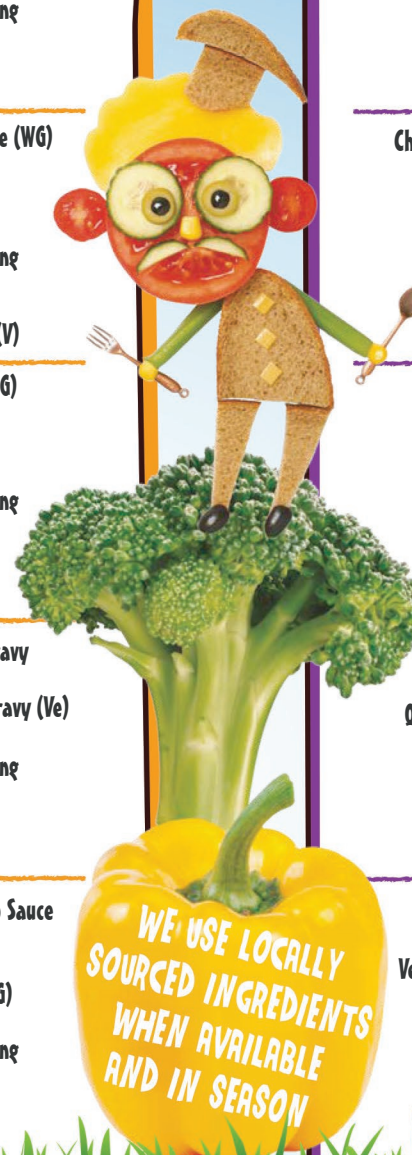
Chicken Meatballs with Mash & Gravy  
or  
Veggie Mince Chilli with Rice (Ve) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Super Greens**  
Chocolate Custard & Pears (V)

Mexican Beef Burrito with Savoury Rice (WG)  
or  
Cheesy Broccoli Pasta (V) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Peas & Carrots**  
Cherry Swirl Sponge with Custard (V)

Chicken Tikka Masala with Rice (WG)  
or  
Cheese & Tomato Pizza (V) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Mixed Salad, Broccoli**  
Rhubarb Crumble (Ve) (WG) with Custard (V)

Roast Beef with Roast Potatoes & Gravy  
or  
Veggie Sausages with Roast Potatoes & Gravy (Ve)  
or  
Jacket Potato with a Choice of Filling  
**Shredded Cabbage, Green Beans**  
Apple & Grape Pots (Ve)

Bubble Crumb Fish with Chips & Tomato Sauce  
or  
Pizza Catherine Pinwheel  
with Chips & Tomato Sauce (V) (WG)  
or  
Jacket Potato with a Choice of Filling  
**Garden Peas, Baked Beans**  
Orange Jelly & Peach Slices (Ve)



WE USE LOCALLY  
SOURCED INGREDIENTS  
WHEN AVAILABLE  
AND IN SEASON

# WEEK 3

03/05/2021, 24/05/2021, 14/06/2021, 05/07/2021  
26/07/2021, 13/09/2021, 04/10/2021, 25/10/2021

Sausages with Mash & Gravy  
or  
Veggie Burrito (V)  
or  
Jacket Potato with a Choice of Filling  
**Rainbow Veg, Mixed Salad**  
Strawberry Mousse (V)

Chicken & Sweetcorn Pie with Parsley Potatoes  
or  
Rainbow Vegetable Stir Fry (Ve)  
or  
Jacket Potato with a Choice of Filling  
**Cabbage, Peas & Sweetcorn**  
Carrot Cake (V)

Beef Goulash with Rice (WG)  
or  
Mac & Cheese (V)  
or  
Jacket Potato with a Choice of Filling  
**Carrots, Mixed Salad**  
Caramelised Apple Crumble (Ve) (WG) with Custard (V)

Roast Turkey with Roast Potatoes & Gravy  
or  
Quorn Fillet with Roast Potatoes & Gravy (V)  
or  
Jacket Potato with a Choice of Filling  
**Swede, Green Beans**  
Mandarins & Yoghurt (V)

Battered Fish with Chips & Tomato Sauce  
or  
Veggie Burger with Chips & Tomato Sauce (Ve)  
or  
Jacket Potato with a Choice of Filling  
**Garden Peas, Baked Beans**  
Strawberry Jelly & Fruit Cocktail (Ve)



Smile food that makes you happy

(V) Suitable for Vegetarians



SERVED DAILY – FRESHLY BAKED BREAD, FRESH FRUIT, YOGHURTS AND FRESH DRINKING WATER.