

WEEK 1

MONDAY

COD FISH FINGERS - **MSC**
PASTA OR PANINI - **V**
GARDEN PEAS
NATURE GOODNESS FRIES

TUESDAY

ORGANIC BEEF CHILLI - **O**
QUORN CHILLI - **V**
CUCUMBER, CELERY STICKS
PASTA, CRUSTY BREAD

WEDNESDAY

CHICKEN GOUJONS – **FR**
CHEESE WRAPS - **V**
BAKED BEANS
HERVY DICED POTATOES

THURSDAY

ROAST PORK - **FR**
QUORN SAUSAGES - **V**
CARROTS, BROCCOLI
ROAST POTATOES

FRIDAY

COTTAGE PIE - **O**
VEGETARIAN COTTAGE PIE – **V**
BATTONED CARROTS, BEETROOT

EACH DAY WE OFFER

JACKET POTATO OR HOT PANINI WITH A CHOICE OF FILLINGS
UNLIMITED SEASONAL VEGETABLES AND SALAD - **S**

FRESH FRUIT - **FT** LOW FAT YOGHURTS



WEEK 2

MONDAY

PASTA POMODORO - **V**
SWEETCORN
PASTA SHAPES

TUESDAY

JUMBO COD FISH FINGERS - **MSC**
VEGETABLE NUGGETS- **V**
BAKED BEANS
NATURES GOODNESS FRIES

WEDNESDAY

BEEF HOTPOT - **O**
VEGETARIAN CASSEROLE - **V**
CRUSTY BREAD

THURSDAY

ROAST TURKEY- **FA**
QUORN FILLETS - **V**
CARROTS, SAGE & ONION STUFFING
ROAST POTATOES

FRIDAY

CHICKEN TIKKA MASALA - **O**
VEGETARIAN TIKKA MASALA – **V**
SWEETCORN, CUCUMBER, TOMATO SALAD
BOILED RICE

EACH DAY WE OFFER

JACKET POTATO OR HOT PANINI WITH A CHOICE OF FILLINGS
UNLIMITED SEASONAL VEGETABLES AND SALAD - **S**

FRESH FRUIT - **FT** LOW FAT YOGHURTS

HOMEMADE CAKES OR WARMING WINTER

WEEK 3

MONDAY

COD FISH GOUJONS - **MSC**
PASTA OR PANINI - **V**
GARDEN PEAS
NATURE GOODNESS FRIES

TUESDAY

PASTA BOLOGNASE - **O**
QUORN BOLOGNASE - **V**
COLSLAW
PASTA SHAPES

WEDNESDAY

ORGANIC PORK MEATBALLS - **O**
QUORN BALLS - **V**
SWEETCORN
SAVOURY RICE

THURSDAY

ROAST BEEF - **O**
ROAST NUT LOAF - **V**
MIXED VEGETABLES
ROAST POTATOES

FRIDAY

PORK SAUSAGES - **FA**
SPICY BEAN BURGER - **V**
BAKED BEANS
POTATO WAFFLES

EACH DAY WE OFFER

JACKET POTATO OR HOT PANINI WITH A CHOICE OF FILLINGS
UNLIMITED SEASONAL VEGETABLES AND SALAD - **S**

FRESH FRUIT - **FT** LOW FAT YOGHURTS



WEEK 4

MONDAY

BEEFBURGER - **O**
VEGETARIAN BURGER - **V**
BAKED BEANS
NATURES GOODNESS FRIES

TUESDAY

SWEET & SOUR PORK - **O**
SWEET & SOUR QUORN - **V**
SWEETCORN
NOODLES

WEDNESDAY

CREAMY CHICKEN - **FR**
QUORN IN BASIL & CREAM SAUCE - **V**
GREEN BEANS
PASTA

THURSDAY

ROAST GAMMON - **FR**
SWEET POTATO FRITATTA - **V**
CARROTS
ROAST POTATOES

FRIDAY

BEEF CHILLI - **O**
QUORN CHILLI - **V**
CARROT, CUCUMBER STICKS
BOILED RICE, CRUSTY BREAD

EACH DAY WE OFFER

JACKET POTATO OR HOT PANINI WITH A CHOICE OF FILLINGS
UNLIMITED SEASONAL VEGETABLES AND SALAD - **S**

FRESH FRUIT - **FT** LOW FAT YOGHURTS



School food has changed for the better.

Our recipe....

We provide good, locally sourced food. Our food is freshly prepared each day, from our homemade cakes and biscuits to our homemade pies, healthy pasta recipes and wholesome roast dinners.

We offer free range and organic produce in our menus, locally sourced and which come directly from farm to fork.

Pownall Hall School has gained accreditation for its food quality and education with the Food for Life Partnership. We continue to provide fresh, local, seasonal and organic food on the menu. Our pupils are encouraged in both cooking and growing food.

We believe all children should know where their food comes from, how it's produced and why healthy food is important.

We always welcome parents to contact us at any time if they have any questions or worries about our lunches, including any dietary requirements.

BREAK TIME SNACKS

At morning break children are provided with a homemade biscuit or snack. In cold weather a hot snack is prepared, and fresh fruit is always available.



- MSC** Marine Stewardship Council approved
- O** Organic, approved by the Soil Association
- FT** Fair trade produce
- FA** Farm assured and free range meats and produce
- FR** Free range
- V** Vegetarian
- S** Contains seasonal produce from local suppliers, subject to availability

Lower Hurst farm, Buxton - organic beef

Nixon's - local butcher. Free range meats - Chicken and Pork

R Noon and Set Produce - local fresh fruit and vegetables

Fresh drinking water is freely available to every child

Menus may be subject to change due to availability of produce, or due to special event days.

POWNALL HALL SCHOOL



CHOICES LUNCH MENU WINTER 2017/2018



For more information contact:
IRENE ASPINALL
CATERING MANAGER
01625 523141
kitchen@pownallhallschool.co.uk

