

ST. IVES INFANT SCHOOL MENU – AUTUMN 1 2022

V=Vegetarian. Water provided. All meals served with fresh bread and salad. Meat & veg from local suppliers. Main dishes and puddings are homemade. Any bought in food is very high in meat or fish content eg fish fingers. We do not use salt in our cooking and only use cocoa, not chocolate. Meals may be subject to change at times due to availability and special offers.
Nuts are not used in any of our meals but some ingredients may contain traces of nuts (allergens listed in italics)

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta Day	Children's favourites	Traditional Roast Day	Around the World Day	Chip Day
6 th September	Five a day Bolognese <i>(egg, wheat, soy, celery)</i>	100% beef sliders <i>(wheat)</i>	Tender roast turkey breast	Tuna & sweetcorn pizza <i>(fish, milk, wheat)</i>	Cod in batter <i>(wheat, fish)</i>
26 th September	Pitta Pockets filled with house made falafel, houmous and crisp salad(Vegan) <i>(wheat)</i>	House made bean burger with cheese sliders (V) <i>(wheat)</i>	Quorn sausages (V) <i>(wheat)</i> Gravy <i>(wheat, soy)</i>	Pizza Margherita (V) <i>(wheat, milk)</i>	Veggie Burgers (V) <i>(wheat)</i>
17 th October	Pasta shapes <i>(wheat)</i> Garlic bread slices <i>(wheat, milk)</i> Rainbow salad Peas/sweetcorn Chocolate & beetroot muffins <i>(milk, eggs, wheat)</i> Yoghurt <i>(milk)</i> Jelly Fresh fruit	Potato wedges Crunchy Slaw (Vegan mayo) <i>(mustard)</i> Carrots/broccoli Banana pudding <i>(milk, eggs, wheat)</i> Yoghurt <i>(milk)</i> Jelly Fresh fruit	Crispy roast potatoes Stuffing <i>(wheat, milk, celery)</i> Shredded savoy cabbage Carrots Swede Apple strudel and custard <i>(wheat, milk, eggs)</i> Yoghurt <i>(milk)</i> Jelly Fresh fruit	Mini jacket potatoes Crusty bread rolls <i>(wheat)</i> Wilted greens Garden peas Tomato Salad Oat & raisin cookies <i>(milk, eggs, wheat)</i> Yoghurt <i>(milk)</i> Jelly Fresh fruit	Chips Peas/beans Coleslaw (Vegan mayo) <i>(mustard)</i> Bread <i>(wheat)</i> Tropical fruit salad & shortbread <i>(milk, bread, eggs)</i> Yoghurt <i>(milk)</i> Jelly Fresh fruit

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	Pasta Day	Children's favourites	Traditional Roast Day	Around the World Day	Chip Day
12 th September 3 rd October	<p>House made pork & beef Italian meatballs served with a five a day sauce on spaghetti <i>(wheat, milk, celery)</i></p> <p>Roast veg lasagne (V) <i>(wheat, milk, celery)</i></p> <p>Garlic dough balls <i>(milk)</i></p> <p>Crisp green salad Seasonal veg</p> <p>Eton Mess <i>(milk, eggs)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly</p> <p>Fresh Fruit</p>	<p>All day breakfast Pork sausages <i>(wheat)</i></p> <p>Back bacon Scrambled egg</p> <p>Quorn sausages (V) <i>(wheat)</i></p> <p>Beans/plum tomatoes Hash browns Bread & butter <i>(wheat, milk)</i></p> <p>Apple & apricot flapjacks <i>(wheat, milk)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly</p> <p>Fresh fruit</p>	<p>Slow roast tender beef brisket</p> <p>Quorn slices (V) <i>(wheat)</i></p> <p>Crispy roast potatoes Cauliflower/Carrots/Peas Yorkshire Pudding <i>(milk, eggs, wheat)</i></p> <p>Gravy <i>(wheat)</i></p> <p>Apple & cherry pie & custard <i>(milk, eggs, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly</p> <p>Fresh fruit</p>	<p>Creamy chicken korma Tender pieces of chicken breast marinated in yoghurt & mild spices cooked in a fragrant korma sauce <i>(milk, celery)</i></p> <p>Cauliflower & chickpea balti (V) <i>(celery)</i></p> <p>Fluffy white rice <i>(gluten)</i></p> <p>House made mini naan breads <i>(wheat)</i></p> <p>Cucumber salad Broccoli/green beans</p> <p>Chocolate fudge cupcakes & strawberries <i>(milk, eggs, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly</p> <p>Fresh fruit</p>	<p>Cod fish fingers <i>(fish, wheat)</i></p> <p>Quorn nuggets (V) <i>(wheat)</i></p> <p>Chips Peas/Sweetcorn Mixed Salad Bread <i>(wheat)</i></p> <p>Banana muffins <i>(milk, eggs, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly</p> <p>Fresh fruit</p>

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19 th September	Chicken & ham pasta bake Tender chicken breast pieces with diced ham in a tomato and basil sauce. Optional cheese to sprinkle on top. <i>(celery, milk, wheat)</i>	Tuna and sweetcorn pizza <i>(milk, wheat, fish, celery)</i>	Tender roast pork	Sweet & sour chicken <i>(celery, soy)</i>	Cod shapes <i>(fish, wheat)</i>
10 th October	<p>Pizza Margherita (V) <i>(milk, wheat)</i></p> <p>Mini jacket potatoes Crusty bread rolls <i>(wheat)</i></p> <p>Wilted greens Garden peas Tomato salad</p> <p>Oat & raisin cookies <i>(milk, eggs, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly Fresh fruit</p>	<p>Broccoli & cheese pasta bake (V) <i>(milk, wheat)</i></p> <p>House made tortilla bread <i>(wheat)</i></p> <p>Baby leaf salad Mixed Veg</p> <p>Strawberry & raspberry tart <i>(milk, eggs, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly Fresh fruit</p>	<p>Quorn sausages (V) <i>(wheat)</i></p> <p>Crispy roast potatoes Stuffing <i>(wheat, celery, milk)</i></p> <p>Roast root veg Savoy cabbage Gravy <i>(wheat, soy)</i></p> <p>Apple & blackberry crumble & custard <i>(milk, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly Fresh fruit</p>	<p>Sweet & sour Quorn (V) <i>(wheat, celery, soy)</i></p> <p>Fluffy white rice <i>(gluten)</i></p> <p>Homemade flat bread <i>(wheat)</i></p> <p>Mixed salad Carrots & broccoli</p> <p>Berries & ice cream <i>(milk)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly Fresh Fruit</p>	<p>Quorn burgers (V) <i>(wheat)</i></p> <p>Chips Peas/beans Coleslaw (Vegan Mayo) <i>(mustard)</i></p> <p>Bread <i>(wheat)</i></p> <p>Ketchup</p> <p>Carrot cake <i>(eggs, milk, wheat)</i></p> <p>Yoghurt <i>(milk)</i></p> <p>Jelly Fresh fruit</p>