

Worsbrough Common Primary Young Encounters Healthy Meal Choices

Week Commencing: 31/07/20; 14/9/20; 28/09/20; 12/10/20; 02/11/20; 16/11/20; 30/12/20; 14/12/20; 11/01/21; 25/01/21; 08/02/21; 01/03/21; 15/03/21;
 Date for each week: 12/04/21; 26/04/21; 10/05/21; 24/05/21; 14/06/21; 28/06/21; 12/07/21



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Meal of the Day:	Hot dog, bread roll & wedges	Beef strips, Yorkshire Pudding, Gravy & Mash	Roast Gammon Garlic & herb potatoes	All day breakfast	Fish cake and chips (Salmon alternative)
Vegetarian Option	Jacket Potato	Quorn Curry, Rice & Naan	Jacket Potato	Macaroni Cheese	Jacket Potato
Accompaniments:	Peas, sweetcorn, Tomato Sauce	Broccoli, Carrots	Cauliflower, green beans, cheese sauce, gravy	Baked beans, mushrooms	Garden Peas, Carrots, tomato sauce
Main Desserts:	Cookie & Fruit Wedge	Fruit Crumble & Custard	Chocolate sponge & chocolate sauce	Arctic Roll	Raspberry Bun
Daily Selection of Desserts:	Yogurt & Fresh Fruit Selection	Fruity Flapjack Fruit Selection	Iced Fruit Sorbet Fresh Fruit	Yoghurt & Fresh Fruit Selection	Fruit Friday
Refreshments	Water available throughout service	Water available throughout service	Water available throughout service	Water available throughout service	Water available throughout service
Deli Trolley:	Selection of breads	Selection of breads	Selection of breads	Selection of breads	Selection of breads
Salad Bar:	Daily selection of Salad items	Daily selection of Salad items	Daily selection of Salad items	Daily selection of Salad items	Daily selection of Salad items

All vegetables and salads are freshly prepared at school. All meat is fresh UK reared and slaughtered and farm assured. A selection of wholemeal and best of both bread is available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools beef is available. Lower sodium and lower fat cheese is used. Water is available daily.