

Worsbrough Common Primary Young Encounters Healthy Meal Choices

Week Commencing: 07/09/20; 21/09/20; 05/10/20; 19/10/20; 09/11/20; 23/11/20; 07/12/20; 04/01/21; 18/01/21; 01/02/21; 22/02/21; 08/03/21; 22/03/21; 19/04/21; 03/05/21; 17/05/21; 07/06/21; 21/06/21; 05/07/21.



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Meal of the Day:	Pizza Slice & Wedges	Homemade Meat & Potato pie with Roast Potatoes	Roast chicken with stuffing, yorkshire pudding & mash	2 Sausages & mash with Yorkshire Puddings	Jumbo fish finger Roll & Chips (Salmon alternative)
Vegetarian Option	Quorn Dipper Wrap	Jacket Potato	Jacket Potato	Homemade Calzone	Jacket Potato
Accompaniments:	Baked Beans, Coleslaw & Green salad	Carrots, Mushy Peas & Gravy	Broccoli, sweetcorn & Gravy	Cauliflower, Savoy Cabbage & Gravy	Peas, Carrots & Tomato Sauce
Main Desserts:	Apple sponge & Custard	Jelly with Fruit & Ice Cream	Victoria sponge with Fruit wedge	Rice Pudding & Fruit	Chocolate Brownie
Daily Selection of Desserts:	Yogurt & Fresh Fruit Selection	Yogurt & Fresh Fruit Selection	Fresh Fruit Selection	Yogurt & 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.