

Worsbrough Common Primary Young Encounters Healthy Meal Choices

Week Commencing: 07/06/21, 21/06/21, 05/07/21
Date for each week



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Meal of the Day:	Calzone Curly (v)	Roast Pork, Yorkshire Pudding,	Lasagne served with crusty roll	American Hot Dog	Salmon Fingers or fish fingers
Vegetarian Option	Tomato, garlic and basil pasta	Hearty quorn fillet dinner	Cheesy bean enchilada	Quorn Dog (V)	Scrumptious savoury quiche
Accompaniments:	Half Jacket Potato, Beans, Sweetcorn	Mash, Broccoli, Carrots, Gravy	Assorted Salad, Crusty roll, Savoury Rice	Potato Wedges, Corn on the cob, Coleslaw	Peas or mushy peas, carrots, Chips
Main Desserts:	Artic Roll	Summer Fruit Muffin	Italian caramelised biscuit	Chocolate Brownie	Fantasy Fruit Platter
Daily Selection of Desserts:	Yogurt & Fresh Fruit Selection	Fruit, yoghurt	Fresh Fruit	Yoghurt & Fresh Fruit Selection	Yoghurt
Jacket Potato	Jacket potato Tuna & Sweetcorn	Jacket Potato various fillings	Jacket potato with ham and/or cheese	Jacket Potato tuna, beans	Jacket potato various fillings
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.