

# Worsbrough Common Primary Young Encounters Healthy Meal Choices

Week Commencing: 14/06/21, 28/06/21, 12/07/21  
Date for each week



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Traditional Meal of the Day:</b>	Margherita Pizza & wedges	Tender roast gammon with pineapple	Homemade chicken tikka curry	All day breakfast	Fisherman's burger & chips
<b>Vegetarian Option</b>	Macaroni Cheese with crusty roll	Ravioli in Italian style tomato sauce	Crispy Quorn Fajita (v)	Cheese and onion pasty (v)	Southern Style burger (v) & chips
<b>Accompaniments:</b>	Peas, Sweetcorn	New Potatoes, Broccoli, Carrots,	Cauliflower, Green Beans, Naan Bread, Rice	Beans, Hash Browns Mushrooms	Peas or mushy peas, carrots
<b>Main Desserts:</b>	Fruity flapjack	Shortcake surprise, custard	Carrot Cake	Marble sponge & Custard	Fantasy Fruit Platter
<b>Daily Selection of Desserts:</b>	Yogurt & Fresh Fruit Selection	Fruit, yoghurt	Fresh Fruit	Yoghurt & Fresh Fruit Selection	Yoghurt
<b>Jacket Potato</b>	Jacket potato Tuna & Sweetcorn	Jacket Potato, beans, coleslaw	Jacket potato with Chicken Tikka	Jacket Potato with various fillings	Jacket potato with cheese and/or beans
<b>Deli Trolley:</b>	Selection of breads	Selection of breads	Selection of breads	Selection of breads	Selection of breads
<b>Salad Bar:</b>	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.