

SOUTH HILL PRIMARY SCHOOL

SUMMER 2024







WEEK 1

15/04, 06/05, 03/06,
24/06, 15/07

	Monday. 	Tuesday.	Wednesday. 	Thursday.	Friday.
Option 1	Roasted Vegetable Quiche with Potato Wedges	Chicken Meatballs in Tomato Sauce with Pasta Twists	Roast Beef with Roast Potatoes and Gravy	Chicken Tikka Curry with Sunshine Rice and Naan	Fish Fingers with Chips and Tomato Ketchup
Option 2 	Katsu Vegetables with Rice (Ve) 	Pasta with Vegetarian Bolognese (Ve) 	Roast Quorn with Roast Potatoes and Gravy 	Mild Spinach, Potato and Chickpea Curry with Sunshine Rice and Naan 	Cheese and Tomato Pizza with Chips and Tomato Ketchup 
Option 3	Macaroni Cheese	Jacket Potato with a Choice of Fillings	Pasta with Tomato and Basil Sauce (Ve)	Jacket Potato with a Choice of Fillings	Pasta with Tomato Sauce and Sweetcorn (Ve)
Vegetables	Sweetcorn Carrots	Mixed Garden Vegetables	Steamed Cabbage Carrots	Carrots Green Beans	Baked Beans Garden Peas
Dessert	Chocolate Slice (Ve)	Pineapple Upside Down Cake or Shortbread (Ve)	Fresh Fruit Salad (Ve)	Apple Flapjack Crumble with Custard or Shortbread (Ve)	Ice Lolly (Ve)







WEEK 2

22/04, 13/05, 10/06,
01/07, 22/07

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Vegetable Burger with Potato Wedges (Ve)	Spanish Chicken with Savoury Rice	Pork Sausage with Mashed Potato and Gravy	Beef Lasagne with Garlic and Herb Croutons	Breaded Fish with Chips and Tomato Ketchup
Option 2 	Cheese, Potato and Onion Layer Bake 	Vegetable Paella (Ve) 	Vegetarian Sausage (Ve) with Mashed Potato and Gravy 	Vegetarian Lasagne with Garlic and Herb Croutons 	Cheese and Tomato Pizza with Chips and Tomato Ketchup 
Option 3	Pasta with Tomato Sauce and Roasted Vegetables (Ve)	Jacket Potato with a Choice of Fillings	Mildly Spicy Tomato Pasta (Ve)	Jacket Potato with a Choice of Fillings	Pasta with Tomato Sauce (Ve)
Vegetables	Garden Peas Sweetcorn	Carrots Green Beans	Cauliflower Sweetcorn	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Peach Crunch Tart (Ve)	Lemon Sponge and Custard or Shortbread (Ve)	Fruit Flapjack (Ve)	Carrot Cake or Shortbread (Ve)	Chocolate Brownie

WEEK 3

29/04, 20/05,
17/06, 08/07

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Quorn Nuggets with Potato Wedges (Ve)	Beef Quesadilla with New Potatoes	Roast Gammon with Roast Potatoes and Gravy	Greek Chicken with Lemon and Herb Rice and Tortilla	Fish Fingers or Salmon Fingers with Chips and Tomato Ketchup
Option 2 	Omelette with Potato Wedges 	Vegetable Stir Fried Rice (Ve) 	Cheese and Onion Pastry with Roast Potatoes 	Macaroni Cheese 	Cheese and Tomato Pizza with Chips and Tomato Ketchup 
Option 3	Pasta with Pesto Sauce (Ve)	Jacket Potato with a Choice of Fillings	Roasted Red Pepper Pasta (Ve)	Jacket Potato with a Choice of Fillings	Pasta with Tomato Sauce and Grated Cheddar
Vegetables	Carrots Green Beans	Peas Sweetcorn	Green Beans Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Oaty Cookie (Ve)	Chocolate and Pear Sponge with Chocolate Custard or Shortbread (Ve)	Fresh Fruit Salad (Ve)	Apple and Sultana Crumble Slice (Ve) or Shortbread (Ve)	Jelly (Ve)



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY
 WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

