

SOUTH HILL PRIMARY SCHOOL

WINTER 2023







WEEK 1

04/09/23, 25/09/23,
16/10/23, 13/11/23,
04/12/23

	Monday. 	Tuesday.	Wednesday. 	Thursday.	Friday.
Option 1	Cheese Whirl with New Potatoes	Chinese Chicken with Rice	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Fish Fingers with Chips and Tomato Ketchup
Option 2 	Vegetable Frittata with New Potatoes 	Sweet Chilli Vegetable Stir Fry (Ve) 	Roast Quorn with Roast Potatoes and Gravy 	Vegetable Lasagne with Garlic Bread 	Cheese and Tomato Pizza with Chips and Tomato Ketchup 
Option 3	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings
Vegetables	Carrots Green Beans	Sweetcorn Cabbage	Roasted Root Vegetables Peas	Carrots Sweetcorn	Baked Beans Garden Peas
Dessert	Flapjack (Ve)	Carrot Cake	Fruit Salad (Ve)	Chocolate Brownie with Chocolate Sauce	Ice Cream







WEEK 2

11/09/23, 02/10/23,
30/10/23, 20/11/23,
11/12/23

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Quorn Dippers with Potato Wedges	Minced Beef Pie with New Potatoes	Pork Sausages with Roast Potatoes and Gravy	Greek Chicken Pitta	Breaded Fish with Chips and Tomato Ketchup (Ve)
Option 2 	Tomato and Basil Pasta (Ve) 	Vegetarian Cottage Pie 	Vegetarian Sausages with Roast Potato and Gravy (Ve) 	Falafel Pitta 	Cheese and Tomato Pizza with Chips and Tomato Ketchup 
Option 3	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings
Vegetables	Broccoli Sweetcorn	Peas Carrots	Medley of Vegetables	Carrots Sweetcorn	Baked Beans Garden Peas
Dessert	Vanilla Shortbread and Raisins (Ve)	Vanilla Sponge (Ve) with Custard	Fruit Salad (Ve)	Pancake with Warm Apple and Berry Sauce	Orange Jelly (Ve)

WEEK 3

18/09/23, 09/10/23,
06/11/23, 27/11/23,
18/12/23

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Vegetarian Sausage Roll with New Potatoes (Ve)	Hot Chicken Bap with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Beef Pasta Bolognese	Fish Fingers with Chips and Tomato Ketchup
Option 2 	Macaroni Cheese 	Veggie Burger with Potato Wedges (Ve) 	Cheese Pasty with Roast Potatoes 	Vegetarian Pasta Bolognese (Ve) 	Cheese and Tomato Piza with Chips and Tomato Ketchup 
Option 3	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings	Jacket Potato with a choice of Fillings
Vegetables	Carrots Green Beans	Sweetcorn Cauliflower	Carrots Peas	Broccoli Sweetcorn	Baked Beans Garden Peas
Dessert	Jam and Coconut Sponge with Custard	Rice Krispie Cake (Ve)	Fruit Salad (Ve)	Apple Crumble (Ve) with Custard	Chocolate Pinwheel Cookie



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.

