



Be all you can be
Hayes School

Menu - Spring 1 2024

M – Main
S – Sides

V – Vegetarian
D - Dessert

Week 1: Week Commencing: 01/01/24 & 22/01/24

Monday		Tuesday		Wednesday		Thursday		Friday	
M	Sausage Roll (2,7)	M	Beef bolognese pasta bake (2,7)	M	Devonshire roast gammon, yorkshire pudding, stuffing and gravy (2, 4, 7)	M	Moroccan beef meatballs with pasta (2)	M	Quality chicken nuggets (2)
V	French bread tomato and lentil pizza (2, 7)	V	Vegetable curry with fluffy rice (2)	V	Vegetable pie (2,7)	V	Quorn hot dog in a bun (4,7)	V	Vegetable nuggets (2,4)
S	Wedges & Seasonal vegetables	S	Seasonal vegetables	S	Roast potatoes and seasonal vegetables	S	Seasonal vegetables	S	Chips or savoury rice, peas and baked beans
D	Mandarin sponge (2, 4, 7)	D	Toffee apple pancakes (2, 4, 7)	D	Fresh fruit platter and yoghurt (7)	D	Fruit crumble and custard (2, 7)	D	100% organic fruit PIP lolly

Week 2: Commencing: 08/01/24 & 29/01/24

Monday		Tuesday		Wednesday		Thursday		Friday	
M	Beefburger in a bun (2, 12)	M	Toad in the hole with pork sausages (2, 4, 7)	M	Chicken fillet with stuffing and gravy (2, 4, 7)	M	Beef chilli con carne	M	Battered fish portion (2,5,7)
V	Cheesy beany pasta (2,7)	V	Vegetarian quorn lasagne (2, 4, 7)	V	Vegetarian sausage toad in the hole (2, 4, 7)	V	Vegetarian meatballs (13)	V	Quorn Frankfurter (4)
S	Wedges & Seasonal Vegetables	S	Mashed potato and seasonal vegetables	S	Roast potatoes, seasonal vegetables	S	Seasonal vegetables and fluffy rice	S	Chips, peas and baked beans
D	Fruity Flapjack (2,7)	D	Fruit Cheesecake (2, 7)	D	Fresh fruit platter and yoghurt (7)	D	Chocolate beetroot sponge with chocolate sauce (2,4,7)	D	100% organic fruit PIP lolly

Week 3: Commencing: 15/01/24 & 05/02/24

Monday		Tuesday		Wednesday		Thursday		Friday	
M	Quality chicken fillet burger in a bun (2,7)	M	Beef lasagne (2,7)	M	Devonshire Roast pork with stuffing, Yorkshire pudding and gravy (2, 4, 7)	M	Chicken Korma with fluffy rice (2)	M	Quality Fish fingers / salmon bites (2,5)
V	Frech bread tomato & lentil pizza (2,7)	V	Chicken style plant burger in a bun with wedges (2, 12, 13)	V	Quorn chicken and mushroom pie with stuffing and Yorkshire pudding (2, 4, 7)	V	Macaroni cheese (2, 7)	V	Cheese and onion sausage roll (2,7)
S	Mashed potato, beans and seasonal vegetables (2, 7)	S	Seasonal vegetables	S	Roast potatoes & seasonal vegetables	S	Seasonal vegetables	S	Chips, baked beans and peas
D	Fruit shortbread biscuit (2, 7)	D	Chocolate marble sponge (2, 4, 7)	D	Fresh fruit platter & yoghurt (2,7)	D	Coconut and jam sponge (2, 4, 7)	D	100% organic fruit PIP lolly

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DAILY FOR ALL: <ul style="list-style-type: none">* Fresh bread basket* Milk or water* Fresh Fruit* Salad Bar* Add hot vegetables* Choose dessert of the day* Top up on fresh fruit* Enjoy a tasty yoghurt	Monday, Tuesday & Thursday: <ul style="list-style-type: none">* Hot jacket potato with CHOICE of Tuna, Ham, cheese or beans Wednesday & Friday: <ul style="list-style-type: none">* Ham or cheese sandwich, fresh & dried fruit, veg sticks, yoghurt & cake. Main Meal, Dessert and Drink £2.30	ALLERGEN INFORMATION (coded by number above): <div><div>1. Celery</div><div>2. Cereals containing gluten</div><div>3. Crustaceans</div><div>4. Eggs</div><div>5. Fish</div><div>6. Lupin</div><div>7. Milk</div><div>8. Molluscs</div><div>9. Mustard</div><div>10. Nuts</div><div>11. Peanuts</div><div>12. Sesame Seeds</div><div>13. Soya</div><div>14. Sulphur Dioxide</div></div> <p>For more info, visit: https://food.gov.uk/allergy or nhs.uk/conditions/allergies</p>	FREE SCHOOL MEALS: <p>All children in Reception, Year 1 and Year 2 are offered a free school meal via the Government's Universal Infant Free School meals programme.</p> <p>If you think you are entitled to benefit-related free school meals, please contact the school office.</p> <p><i>Please remember this brings in additional funding for our school!</i></p>
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