

SCHOOL QUEEN ELIZABETH II POMEROY PS MENU Meals £2.60 per day £13 per week

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 26/9/22	Spaghetti Bolognese or Ham & Cheese Melt, Garden Peas, Salad Selection, Pasta Salad, Mashed Potatoes, Gravy. Muffin, Fresh Fruit or Yoghurt	Homemade Breaded Chicken Gougons & Dip or Chicken Wrap, Diced Carrots, Salad Selection, Herb Diced Potatoes. Jelly Pot or Fresh Fruit or Yoghurt.	Breast of Chicken Curry with Boiled Rice & Naan Bread or Oven Baked Breaded Fish Fingers, Sweetcorn, Broccoli Florets, Mashed Potatoes. Fresh Fruit or Yoghurt.	Roast Chicken or Roast Pork, Diced Carrots, Broccoli Florets, Traditional Stuffing, Oven Roast Potatoes, Mashed Potatoes, Gravy. Rice Krispie Square, Fresh Fruit or Yoghurt	Oven Baked Sausage or Peppered Chicken, Tossed Salad, Peas, Baked Beans, Baked Potato or Chips. Ice-Cream Tub & Fruit Pieces.
Week Two 3/10/22	Homemade Margherita or Ham & Cheese Pizza, Chicken Panini, Peas, Tossed Salad, Herb Diced Potatoes. Flakemeal Biscuit & Water Melon Slice.	Breast of Chicken Curry with Boiled Rice & Naan Bread or Steakburger, Broccoli Florets, Carrots, Mashed Potatoes, Gravy. Muffin, Fruit or Yoghurt.	Italian Pasta Bake or Breaded Fish Gougons, Baked Beans, Sweetcorn & Peas, Mashed Potatoes. Jelly Pot, Fruit or Yoghurt.	Roast Chicken or Chicken Crumble, Traditional Stuffing, Diced Carrots/Parsnips, Oven Roast Potatoes, Mashed Potatoes, Gravy. Cookie, Fruit or Yoghurt.	Chicken Nuggets or Beef Lasagne, Salad Selection, Sweetcorn Mashed Potatoes or Chips. Frozen Yoghurt & Fruit Pieces.
Week Three 10/10/22	Breaded Fish Fingers or Savoury Mince, Carrots, Peas, Mashed Potatoes. Fresh Fruit or Yoghurt.	Chicken Curry & Boiled Rice & Naan Bread or Chicken Panini/Wrap, Broccoli Florets, Sweetcorn, Herb Diced Potatoes. Jelly Pot, fruit or Yoghurt.	Breaded Chicken Gougons & Dip or Cottage Pie, Salad Selection, Baked Beans, Diced Turnip, Mashed Potatoes, Gravy. Flakemeal Biscuit, Fruit or Yoghurt.	Roast Gammon or Chicken & Pasta Bake, Traditional Stuffing, Carrots, Cauliflower Florets, Mashed Potatoes or Oven Roast Potatoes, Gravy. Ginger Biscuit, Fruit or Yoghurt.	Oven Baked Sausage or Macaroini Cheese, Coleslaw, Peas, Baked Potatoes or Chips. Ice-Cream & Fruit Pieces
Week Four 17/10/22	Steakburger or Stuffed Bacon Roll, Sweetcorn, Baked Beans, Broccoli Florets, Mashed Potatoes, Gravy. Fresh Fruit or Yoghurt.	Pasta Bolognese or Fresh Breaded Fish Gougons, Carrots, Peas, Herb Diced Potatoes, Parsley Sauce. Flakemeal Biscuit, Fruit or Yoghurt.	Chicken Curry with Boiled Rice & Naan Bread or Oven Baked Sausage, Diced Carrots, Peas, Mashed Potatoes, Gravy. Jelly, Fruit or Yoghurt	Roast Chicken or Flaked Salmon Wrap, Traditional Stuffing, Broccoli Florets, Tossed Green Salad, Roast Potatoes or Mashed Potatoes, Gravy. Shortbread, Fruit or Yoghurt.	Margherita Pizza or Marinated Chicken & Vegetable Stir Fry, Noodles, Sweetcorn, Salad Selection, Chips. Ice-Cream & Fruit Pieces.

school food

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Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily

If you require any additional Information on allergens or Special diets please contact the school in the first instance

