

# Grow

FUEL FOR YOUNG MINDS

## Calmore Infant & Junior School menu

### Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit [foodforlife.org.uk/schools](http://foodforlife.org.uk/schools)

### Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.



Soil Association



# MENU - WEEK ONE

Week Commencing: 24th February | 17th March | 7th April

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

MONDAY



Ham and Tomato Pizza,  
Potato Wedges,  
Carrots & Broccoli



Vegetable Fajita  
served with Rice,  
Carrots & Broccoli



Pasta with Tomato  
and Basil Sauce



Oat Cinnamon  
Cookie

TUESDAY



Pasta Bolognese,  
Peas & Sweetcorn



Cheese & Broccoli Quiche,  
Diced Potatoes,  
Sweetcorn & Peas



Jacket Potato  
with a choice of  
Tuna Mayonnaise,  
Cheddar Cheese,  
or Baked Beans



Lemon Sponge  
& Custard

WEDNESDAY



Roast Chicken, Yorkshire  
Pudding, Roast Potatoes,  
Cauliflower & Green Beans



Cauliflower, Broccoli &  
Cheese Bake, Roast Potatoes,  
Cauliflower & Green Beans



Pasta with Tomato  
and Basil Sauce



Ice Cream

THURSDAY



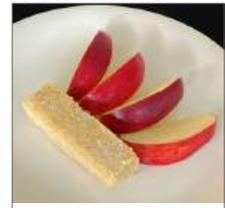
Pork Sausage,  
Mashed Potatoes, Gravy,  
Carrots & Peas



Quorn Sausage,  
Mashed Potatoes, Gravy,  
Carrots & Peas



Jacket Potato  
with a choice of  
Tuna Mayonnaise  
Cheddar Cheese  
or Baked Beans filling



Shortbread with  
Apple Slices

FRIDAY



Fish Fingers, Chips,  
Beans, Peas &  
Tomato Ketchup



Cheese & Tomato Pinwheel,  
Chips, Beans & Peas



Pasta with Tomato  
and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.

# MENU - WEEK TWO

Week Commencing: 3rd March | 24th March | 14th April

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

MONDAY



Creamy Chicken and Sweetcorn Pie, New Potatoes, Broccoli & Carrots



Cheese and Bean Puff, New Potatoes, Broccoli & Sweetcorn



Pasta with Tomato and Basil Sauce



Flapjack

TUESDAY



Beef Burger, Potato Wedges, Sweetcorn & Peas



Vegetable Burger, Potato Wedges, Sweetcorn & Peas



Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese or Baked Beans filling



Jam Sponge & Custard

WEDNESDAY



Roast Chicken, Yorkshire Pudding, Roast Potatoes, Cauliflower & Green Beans



Plant based Sausage Roll, Gravy, Roast Potatoes, Cauliflower & Green Beans



Pasta with Tomato and Basil Sauce



Shortbread

THURSDAY



Beef Lasagne, Broccoli & Sweetcorn



Vegetable Lasagne, Broccoli & Sweetcorn



Jacket Potato with a choice of Tuna Mayonnaise, Cheddar Cheese or Baked Beans filling



Apple Crumble & Custard

FRIDAY



Fish Fingers, Chips, Beans, Peas and Tomato Ketchup



Cheese and Tomato Pizza, Chips, Beans, Peas and Tomato Ketchup



Pasta with Tomato and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.

# MENU - WEEK THREE

Week Commencing: 10th February | 3rd March | 24th March | 14th April | 5th May

## MAIN MEAL

## VEGETARIAN

## JACKET POTATO / PASTA

## DESSERT

MONDAY



Ham and Cheese Pizza,  
Potato Wedges,  
Carrots & Broccoli



Cheese and Tomato Pizza,  
Herby diced potatoes,  
Carrots & Broccoli



Pasta with Tomato  
and Basil Sauce



Chocolate Sponge  
& Custard

TUESDAY



Chicken Fajita,  
Rice, Sweetcorn & Peas



Macaroni Cheese,  
Sweetcorn & Peas



Jacket Potato  
with a choice of  
Tuna Mayonnaise  
Cheddar Cheese  
or Baked Beans filling



Oat Cinnamon  
Cookie

WEDNESDAY



Roast Gammon,  
Yorkshire Pudding, Gravy,  
Roast Potatoes,  
Carrots & Green Beans



Creamy Vegetable Pie,  
Gravy, Roast Potatoes,  
Carrots & Green Beans



Pasta with Tomato  
and Basil Sauce



Banana Muffin

THURSDAY



Sausage & Tomato Pasta,  
Peas & Carrots



Roast Vegetable Frittata,  
Broccoli & Carrots



Jacket Potato  
with a choice of  
Tuna Mayonnaise  
Cheddar Cheese  
or Baked Beans filling



Chocolate Brownie  
& Apple Slices

FRIDAY



Fish Fingers,  
Chips, Peas or Baked Beans  
and Ketchup



Vegetable Enchilada, Chips,  
Peas, Baked Beans &  
Ketchup



Pasta with Tomato  
and Basil Sauce



Fruity Friday

Deli option is available daily.

Pasta is available on Monday, Wednesday and Friday.

Jacket Potatoes are available on Tuesday and Thursday.

All meals come with seasonal vegetables or salad of your choice.



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