

Tenterden Primary Federation School Menu 2019



WEEK 1

25/2

18/3

22/4

13/5

10/6

1/7

	Monday	Tuesday Pie Day	Wednesday	Thursday	Friday
Meaty main	Beef Meatballs 2 served with Tomato Sauce	Minced Beef Pie 2 7	Roast Gammon with Gravy	Chicken Dhansak	Fish Fingers 2,5
Veggie option	Spinach, Chick Pea and Sweet Potato Curry	Veggie Mince Filled Potato Skins	Mixed Bean Cobbler 2,7	Egg Noodles with Vegetables and Quorn Pieces 2 4	Cheese Omelette 4 7
Snack Choice Limited amount	Baked Potato and Cheese 7	Not available today	Not available today	Baked Potato with Tuna 5 and Cucumber	Pasta 2 with Tomato Sauce
Veggie table	Broccoli Sweetcorn	Baked Beans Cabbage	Steamed Carrots Broccoli	Corn on the Cob Broccoli	Peas Baked Beans
Potato/Pasta	New Potatoes Or Rice	Mashed Potato Or Whole Wheat Pasta 2	Roast Potatoes Or Whole Wheat Pasta 2	Rice	Chips or Pasta 2 Tomato ketchup
Dessert	Lemon and Sultana Pudding 2,4,7 and Custard 7	Toffee Yoghurt 7 and Apple Rings OR Rice Pudding 7	Pineapple Pudding with Custard 2,4,7	Peaches and Custard 7	Chocolate Muffin 2,4,7
Available every day Fresh drinking water, salad options, fresh fruit and yoghurts					

Look out for information on theme lunches. We will also be having picnics and BBQs when all the children can eat outside.

Allergens highlighted in RED. Please inform the school if your child has a Food Allergy.

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WEEK 2

4/3 25/3 29/4 20/5 17/6 8/7

	Monday	Tuesday Pie Day	Wednesday	Thursday	Friday
Meaty main	Pepperoni Pizza 2,7	Sausage Pie 2	Roast Turkey with Sage and Onion Stuffing 2	Tuna Pasta Bake 2, 5	Fish Fingers 2,5
Veggie option	Cheese Pizza 2,7	Vegetable Biryani	Veggie Cottage Pie	Baked Potato and Cheese 7	Vegetarian Sausage Roll
Snack Choice Limited amount	Salmon Bites 2,5	Not available today	Not available today	Baked Potato	Battered Chicken Breast
Veggie table	Baked Beans Peas and Sweetcorn	Carrots Cauliflower	Steamed Carrots Broccoli	Sweetcorn Broccoli	Peas Baked Beans
Potato/Pasta	Steamed Sweet Potato Wedges Or Whole wheat Pasta 2	Mashed Potato Or 2	Roast Potatoes Whole wheat Pasta 2	Cous Cous 2	Chips or Pasta 2 Tomato Ketchup
Dessert	Skinny Blueberry Muffin 2,4,7,	Ice Cream 7 and Fruit Cocktail	Apricot Shortcake 2,7	Raisin and Oat Cookie 2,4,7	Vanilla drizzle Cake 2,4,7
Available every day Fresh drinking water, salad options, fresh fruit and yoghurts					

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WEEK 3

11/3 1/4 6/5 3/6 24/6 15/7

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty main	Beef Burger in a Bun 2	Chicken and leek Pie 2,4	Roast Beef and Yorkshire Pudding	Spaghetti 2 Bolognaise	Fish Fingers 2,5
Veggie option	Veggie Burger in a bun 2	Quorn 2,4 Sausage and Gravy	Lentil Loaf 4,7	Veggie Mince Bolognaise	Stuffed Pepper
Snack Choice Limited amount	Not available today	Baked Potato with Beans	Not available today	Baked Potato with Cheese	Macaroni Cheese
Veggie table	Sweetcorn Mixed Salad	Broccoli Carrots	Steamed Carrots Cabbage	Corn on the Cob Mixed Vegetables	Baked Beans or Peas
Potato/Pasta	Pasta 2 Or Mediterranean Cous Cous 2	New Potatoes Or Whole-wheat Pasta 2	Roast Potatoes Or Whole-wheat Pasta 2	Tomato Bread 2	Chips Or Whole wheat Pasta 2 Tomato Ketchup
Dessert	Fresh Fruit Salad	Arctic Roll 2,4,7 with Peach Melba	Apple Crumble 2,7 and Custard 7	Orange and Mango Smoothie	Iced Finger 2,7
Available everyday Fresh drinking water salad options, fresh fruit and yoghurts					

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