

# Tenterden Primary Federation School Menu 2019/2020



WEEK 1 2/9 23/9 14/10 18/11 9/12 13/1/2020 3/2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	Beef Meatballs <b>2</b> served with Tomato Sauce <b>1</b>	Tender Beef Casserole <b>1,2</b>	Roast Gammon with Gravy	Chicken Dhansak <b>1</b>	Fish Fingers <b>2,5</b>
Veggie Option	Spinach, Chick Pea and Sweet Potato Curry <b>1</b>	Leek and Macaroni Cheese Bake <b>2,7</b>	Veggie Burger <b>2</b>	Egg Noodles with Vegetables and Quorn Pieces <b>1,2</b> <b>4</b>	Cheese Omelette <b>4 7</b>
Snack Choice Limited amount	Baked Potato and Cheese <b>7</b>	Not available today	Not available today	Baked Potato with Tuna <b>5</b> and Cucumber	Pasta <b>2</b> with Tomato Sauce <b>1</b>
Veggie table	Broccoli Sweetcorn	Peas Coleslaw <b>7</b>	Steamed Carrots Cauliflower	Corn on the Cob Broccoli	Peas Baked Beans
Potato/Pasta	New Potatoes Or Rice <b>1</b>	Homemade Bread <b>2,7,13</b>	Roast Potatoes Or Whole Wheat Pasta <b>2</b>	Rice <b>1</b>	Chips or Pasta <b>2</b>  Tomato ketchup
Dessert	Blueberry Muffin <b>2,4,7</b> Fresh Fruit	Orange and Mango Smoothie	Pineapple Pudding with Custard <b>2,4,7</b>	Peaches or Banana and Custard <b>7</b>	Oat Cookie <b>2,4,7</b>
Available every day Fresh drinking water, salad options, fresh fruit and yoghurts					

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

# Tenterden Primary Federation School Menu 2019/2020



WEEK 2   9/9   30/9   4/11   25/11   16/12   20/1/2020   10/2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	Pepperoni Pizza <b>2,7,13</b>	Cottage Pie <b>1,2</b>	Roast Turkey with Sage and Onion Stuffing <b>2</b>	Homemade Sausage Roll <b>2, 4,7</b>	Fish Fingers <b>2,5</b>
Veggie Option	Cheese Pizza <b>2,7,13</b>	Tomato Pasta Bake <b>2</b>	Veggie Cottage Pie <b>1</b>	Mixed Bean Burrito <b>2</b>	Vegetarian Sausage Roll <b>2</b>
Snack Choice Limited amount	Salmon Bites <b>2,5</b>	Not available today	Not available today		Battered Chicken Breast <b>2,4,13</b>
Veggie table	Baked Beans Peas and Sweetcorn	Green Beans Carrots	Steamed Carrots Broccoli	Sweetcorn  Broccoli	Peas  Baked Beans
Potato/Pasta	Potato Wedges Or Whole wheat Pasta <b>2</b>	Homemade bread <b>2</b>	Roast Potatoes  Whole wheat Pasta <b>2</b>	Cous Cous <b>2</b> Mashed Potato	Chips or Pasta <b>2</b>  Tomato Ketchup
Dessert	Ice Cream <b>7</b> and Fruit Cocktail	Fruit Yoghurt <b>7</b> Cheese <b>7</b> Crackers <b>2</b> and Apple	Apricot Shortcake <b>2,7</b>	Orange Jelly with Mandarines	Chocolate Muffin <b>2,4,7</b>
Available every day Fresh drinking water, salad options, fresh fruit and yoghurts					

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# Tenterden Primary Federation School Menu 2019/2020



WEEK 3 16/9 7/10 11/11 2/12 6/1/2020 27/1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	Beef Bolognaise 1 with Spaghetti 2	Chicken and leek Pie 2,4	Roast Beef and Yorkshire Pudding 2,4,7	Baked Potato or Pasta 2 Ham/Tuna 5	Fish Fingers 2,5
Veggie Option	Veggie Mince Bolognaise 1,2	Quorn 2,4,13 Sausage and Gravy	Cheese and Onion Quiche 2,4,7	Baked Potato or Pasta 2 with Cheese 7	Veggie Chilli with Potato Wedges
Snack Choice Limited amount	Baked Potato with Tuna 5	Baked Potato with Beans	Not available today		Salmon Bites 2,5
Veggie table	Sweetcorn  Mixed Salad	Broccoli Carrots	Steamed Carrots Cabbage	Corn on the Cob Baked Beans	Baked Beans or Peas
Potato/Pasta	Mediterranean Cous Cous 2  Spaghetti 2	New Potatoes Or Whole-wheat Pasta 2	Roast Potatoes Or Whole-wheat Pasta 2	Freshly Baked Bread 2	Chips Or Whole wheat Pasta 2 Tomato Ketchup
Dessert	Fresh Fruit Mix/ Cheese 7, Crackers 2 & Apple	Arctic Roll 2,4,7 with Peach Melba	Apple Crumble 2,7 and Custard 7	Chocolate Rice Pudding 7 with Tinned Pears	Banana Muffin 2,4,7
Available everyday Fresh drinking water salad options, fresh fruit and yoghurts					

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