



Child's Name:

Class:

KS1 UIFSM = FREE    KS2 = £2.40 a day

**Please tick the your choice of school meals and return your menu choice and this form to the school office no later than Monday 11<sup>th</sup> December 2017.**

**Any order received after this date will not be included in the first week of orders.**

<b>No of meals</b>		Free
		Cash
<b>Amount paid if KS2</b>	£	Cheque (delete as applicable)

Please make cheques payable to:      Kingston St Mary Primary School

**Food Allergens / Intolerances / dietary requirements: please ask the office for information.**

**Cancellations can be made on any day your child is off, please let the office know by 9am**

Please retain the sheet on the back as your copy of the meals you have ordered

W/C		Monday	Tuesday	Wednesday	Thursday	Friday
8 January 2018	<b>Main</b>	Chicken Chow Mein	Macaroni Cheese	Roast Pork with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Potato & Vegetable Bake	Spinach & Tomato Quiche	Vegetable Loaf with Roast Potatoes and Gravy	Jacket Potato & Beans	Vegetarian Sausage
		Sweetcorn, Peas	Carrots, Green Beans	Cabbage, Swede	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Yoghurt & Shortbread Yoghurt, Fruit Platter	Apple & Berry Crumble & Custard Yoghurt, Fruit Salad	Apple, Cheese & Biscuit Yoghurt, Fruit Platter	Pineapple Cake & Custard Yoghurt, Fruit Salad	Fruit Muffin Yoghurt, Fruit Chunks
15 January 2018	<b>Main</b>	Hot Dog with Jacket Wedges	Chicken & Pepper Pizza ½ Jacket Potato	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fishwich with Chips
	<b>Veg Option</b>	Vegetable Pasta Bake	Lentil & Vegetable Curry & Rice	Cheese & Pepper Swirl	Bean Vegetable Chilli with Rice	Cheese & Tomato Frittata with Chips
		Coleslaw, Sweet corn	Green Beans, Carrots	Carrots, Cauliflower	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Crumble & Custard Yoghurt, Fruit Platter	Wholemeal Banana Sponge & Custard Yoghurt, Fruit Chunks	Cookie with Yoghurt Fruit Salad	Apple & Raisin Strudel with Custard Yoghurt, Fruit Platter	Chocolate & Orange Brownie Yoghurt, Fruit Chunks



Child's Name:

Class:

**KS1 UIFSM = FREE    KS2 = £2.40 a day**

22 January 2018	<b>Main</b>	Beef Burger in a Bun Oven baked New Potatoes	Turkey & Leek Pie	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice & Garlic slice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Vegetable Curry with Rice	Jacket Potato & Beans	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Fajitas	Lentil & Basil Puff with Chips
		Sweet corn, Mixed Peppers	Green Beans, Glazed carrots	Cabbage, Sweetcorn	Broccoli, Green Salad	Garden Peas, Baked Beans
	<b>Dessert</b>	Carrot & Sultana Cake with Custard Yoghurt, Fruit Platter	Tuti Fruity Tuesday Yoghurt, Fruit Salad	Jelly & Mandarins Yoghurt, Fruit Chunks	Apple Crumble with Custard Yoghurt, Fruit Salad	Kim's Lemon cake Yoghurt, Fruit Platter

29 January 2018	<b>Main</b>	Chicken Chow Mein	Macaroni Cheese	Roast Pork with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Potato & Vegetable Bake	Spinach & Tomato Quiche	Vegetable Loaf with Roast Potatoes and Gravy	Jacket Potato & Beans	Vegetarian Sausage
		Sweetcorn, Peas	Carrots, Green Beans	Cabbage, Swede	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Yoghurt & Shortbread Yoghurt, Fruit Platter	Apple & Berry Crumble & Custard Yoghurt, Fruit Salad	Apple, Cheese & Biscuit Yoghurt, Fruit Platter	Pineapple Cake & Custard Yoghurt, Fruit Salad	Fruit Muffin Yoghurt, Fruit Chunks

5 February 2018	<b>Main</b>	Hot Dog with Jacket Wedges	Chicken & Pepper Pizza ½ Jacket Potato	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	<b>INSET DAY</b>
	<b>Veg Option</b>	Vegetable Pasta Bake	Lentil & Vegetable Curry & Rice	Cheese & Pepper Swirl	Bean Vegetable Chilli with Rice	
		Coleslaw, Sweet corn	Green Beans, Carrots	Carrots, Cauliflower	Mixed Vegetables	
	<b>Dessert</b>	Fruit Crumble & Custard Yoghurt, Fruit Platter	Wholemeal Banana Sponge & Custard Yoghurt, Fruit Chunks	Cookie with Yoghurt Fruit Salad	Apple & Raisin Strudel with Custard Yoghurt, Fruit Platter	



Child's Name:

Class:

**KS1 UIFSM = FREE    KS2 = £2.40 a day**

19 February 2018	<b>Main</b>	Beef Burger in a Bun Oven baked New Potatoes	Turkey & Leek Pie	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice & Garlic slice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Vegetable Curry with Rice	Jacket Potato & Beans	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Fajitas	Lentil & Basil Puff with Chips
		Sweet corn, Mixed Peppers	Green Beans, Glazed carrots	Cabbage, Sweetcorn	Broccoli, Green Salad	Garden Peas, Baked Beans
	<b>Dessert</b>	Carrot & Sultana Cake with Custard Yoghurt, Fruit Platter	Tuti Fruity Tuesday Yoghurt, Fruit Salad	Jelly & Mandarins Yoghurt, Fruit Chunks	Apple Crumble with Custard Yoghurt, Fruit Salad	Kim's Lemon cake Yoghurt, Fruit Platter

26 February 2018	<b>Main</b>	Chicken Chow Mein	Macaroni Cheese	Roast Pork with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Potato & Vegetable Bake	Spinach & Tomato Quiche	Vegetable Loaf with Roast Potatoes and Gravy	Jacket Potato & Beans	Vegetarian Sausage
		Sweetcorn, Peas	Carrots, Green Beans	Cabbage, Swede	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Yoghurt & Shortbread Yoghurt, Fruit Platter	Apple & Berry Crumble & Custard Yoghurt, Fruit Salad	Apple, Cheese & Biscuit Yoghurt, Fruit Platter	Pineapple Cake & Custard Yoghurt, Fruit Salad	Fruit Muffin Yoghurt, Fruit Chunks

5 March 2018	<b>Main</b>	Hot Dog with Jacket Wedges	Chicken & Pepper Pizza ½ Jacket Potato	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fishwich with Chips
	<b>Veg Option</b>	Vegetable Pasta Bake	Lentil & Vegetable Curry & Rice	Cheese & Pepper Swirl	Bean Vegetable Chilli with Rice	Cheese & Tomato Frittata with Chips
		Coleslaw, Sweet corn	Green Beans, Carrots	Carrots, Cauliflower	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Crumble & Custard Yoghurt, Fruit Platter	Wholemeal Banana Sponge & Custard Yoghurt, Fruit Chunks	Cookie with Yoghurt Fruit Salad	Apple & Raisin Strudel with Custard Yoghurt, Fruit Platter	Chocolate & Orange Brownie Yoghurt, Fruit Chunks



Child's Name:

Class:

KS1 UIFSM = FREE    KS2 = £2.40 a day

12 March 2018	<b>Main</b>	Beef Burger in a Bun Oven baked New Potatoes	Turkey & Leek Pie	Roast Chicken & Stuffing with Roast Potatoes and Gravy	Beef Tortilla Stack & Rice & Garlic slice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Vegetable Curry with Rice	Jacket Potato & Beans	Vegetable Wellington with Roast Potatoes and Gravy	Vegetable Fajitas	Lentil & Basil Puff with Chips
		Sweet corn, Mixed Peppers	Green Beans, Glazed carrots	Cabbage, Sweetcorn	Broccoli, Green Salad	Garden Peas, Baked Beans
	<b>Dessert</b>	Carrot & Sultana Cake with Custard Yoghurt, Fruit Platter	Tuti Fruity Tuesday Yoghurt, Fruit Salad	Jelly & Mandarins Yoghurt, Fruit Chunks	Apple Crumble with Custard Yoghurt, Fruit Salad	Kim's Lemon cake Yoghurt, Fruit Platter

19 March 2018	<b>Main</b>	Chicken Chow Mein	Macaroni Cheese	Roast Pork with Roast Potatoes and Gravy	Chicken Curry with Rice	MSC Fishfingers with Chips
	<b>Veg Option</b>	Potato & Vegetable Bake	Spinach & Tomato Quiche	Vegetable Loaf with Roast Potatoes and Gravy	Jacket Potato & Beans	Vegetarian Sausage
		Sweetcorn, Peas	Carrots, Green Beans	Cabbage, Swede	Mixed Vegetables	Baked Beans, Garden Peas
	<b>Dessert</b>	Fruit Yoghurt & Shortbread Yoghurt, Fruit Platter	Apple & Berry Crumble & Custard Yoghurt, Fruit Salad	Apple, Cheese & Biscuit Yoghurt, Fruit Platter	Pineapple Cake & Custard Yoghurt, Fruit Salad	Fruit Muffin Yoghurt, Fruit Chunks