



Child's Name:

Class:

KS1 UIFSM = FREE KS2 = £2.40 a day

Please tick your choice of school meals and return your menu choice and this form to the school office no later than Thursday 15 March 2018.

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

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

Please make cheques payable to: Kingston St Mary Primary School
(If you wish to pay each half term, rather than in one lump sum, please inform the office)

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
9 April 2018	Main	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	Fish Finger/Salmon Fish Fingers and Chips
	Veg Option	Pasta Neapolitan with Spinach	Soya Mince and Veg Stir Fry with Spaghetti	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese	Cheese, Onion and Spinach Quiche with Chips
		Sweet corn & Garden Peas	Carrots and Broccoli	Fresh Mixed Seasonal Veg	Mixed Peppers & Green Beans	Baked Beans or Garden Peas
	Dessert	Wholemeal Fruit Crumble with Custard	Chocolate and Beetroot Brownie	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard	Iced Sponge

16 April 2018	Main	Chicken Arrabiata Pasta	Macaroni Cheese	Roast Turkey with Roast Potatoes & Gravy	Jacket Potato & Beans	Fish Finger and Chips
	Veg Option	Spicy Rice with Quorn and Mixed Beans	Vegetable (Soya) Chilli & Rice	Lentil and Basil Puff Pastry with Roast Potatoes	Vegetable Fajitas	Spicy Bean Burger with Chips
		Peppers and Sweetcorn Mix	Mixed Green Salad and Coleslaw	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Berry and Apple Pie with Cream	Lemon Drizzle	Cookie with Fruit Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce	Jelly and Ice Cream

Yogurt and Fruit will be ordered for those that don't want a main dessert

Please note that the Jelly is not vegetarian



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23 April 2018	Main	Chicken Curry with Rice	Beef and Pepper Pizza with Baby New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken in Soy Sauce with Noodles	Fish Fingers and Chips
	Veg Option	Mixed Pepper Frittata	Lentil and Sweet Potato Curry and Rice	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Apple Crumble with Custard	Jelly and Mandarins	Apple Flapjack	Peach Cake	Vanilla Shortbread

30 April 2018	Main	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	INSET DAY
	Veg Option	Pasta Neapolitan with Spinach	Soya Mince and Veg Stir Fry with Spaghetti	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese	
		Sweet corn & Garden Peas	Carrots and Broccoli	Fresh Mixed Seasonal Veg	Mixed Peppers & Green Beans	
	Dessert	Wholemeal Fruit Crumble with Custard	Chocolate and Beetroot Brownie	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard	

7 May 2018	Main	BANK HOLIDAY	Macaroni Cheese	Roast Turkey with Roast Potatoes & Gravy	Jacket Potato & Beans	Fish Finger and Chips
	Veg Option		Vegetable (Soya) Chilli & Rice	Lentil and Basil Puff Pastry with Roast Potatoes	Vegetable Fajitas	Spicy Bean Burger with Chips
			Mixed Green Salad and Coleslaw	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert		Lemon Drizzle	Cookie with Fruit Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce	Jelly and Ice Cream



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14 May 2018	Main	Chicken Curry with Rice	Beef and Pepper Pizza with Baby New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken in Soy Sauce with Noodles	Fish Fingers and Chips
	Veg Option	Mixed Pepper Frittata	Lentil and Sweet Potato Curry and Rice	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Apple Crumble with Custard	Jelly and Mandarins	Apple Flapjack	Peach Cake	Vanilla Shortbread

21 May 2018	Main	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	Fish Finger/Salmon Fish Fingers and Chips
	Veg Option	Pasta Neapolitan with Spinach	Soya Mince and Veg Stir Fry with Spaghetti	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese	Cheese, Onion and Spinach Quiche with Chips
		Sweet corn & Garden Peas	Carrots and Broccoli	Fresh Mixed Seasonal Veg	Mixed Peppers & Green Beans	Baked Beans or Garden Peas
	Dessert	Wholemeal Fruit Crumble with Custard	Chocolate and Beetroot Brownie	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard	Iced Sponge

MAY HALF TERM



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4 June 2018	Main	Chicken Arrabiata Pasta	Macaroni Cheese	Roast Turkey with Roast Potatoes & Gravy	Jacket Potato & Beans	Fish Finger and Chips
	Veg Option	Spicy Rice with Quorn and Mixed Beans	Vegetable (Soya) Chilli & Rice	Lentil and Basil Puff Pastry with Roast Potatoes	Vegetable Fajitas	Spicy Bean Burger with Chips
		Peppers and Sweetcorn Mix	Mixed Green Salad and Coleslaw	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Berry and Apple Pie with Cream	Lemon Drizzle	Cookie with Fruit Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce	Jelly and Ice Cream

11 June 2018	Main	Chicken Curry with Rice	Beef and Pepper Pizza with Baby New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken in Soy Sauce with Noodles	Fish Fingers and Chips
	Veg Option	Mixed Pepper Frittata	Lentil and Sweet Potato Curry and Rice	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Apple Crumble with Custard	Jelly and Mandarins	Apple Flapjack	Peach Cake	Vanilla Shortbread

18 June 2018	Main	INSET DAY	Spaghetti Bolognese	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	Fish Finger/Salmon Fish Fingers and Chips
	Veg Option		Soya Mince and Veg Stir Fry with Spaghetti	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese	Cheese, Onion and Spinach Quiche with Chips
			Carrots and Broccoli	Fresh Mixed Seasonal Veg	Mixed Peppers & Green Beans	Baked Beans or Garden Peas
	Dessert		Chocolate and Beetroot Brownie	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard	Iced Sponge

Yogurt and Fruit will be ordered for those that don't want a main dessert

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PLEASE NOTE: WOODPECKERS WILL BE AWAY ON THEIR RESIDENTIAL THIS WEEK

25 June 2018	Main	Chicken Arrabiata Pasta	Macaroni Cheese	Roast Turkey with Roast Potatoes & Gravy	Jacket Potato & Beans	Fish Finger and Chips
	Veg Option	Spicy Rice with Quorn and Mixed Beans	Vegetable (Soya) Chilli & Rice	Lentil and Basil Puff Pastry with Roast Potatoes	Vegetable Fajitas	Spicy Bean Burger with Chips
		Peppers and Sweetcorn Mix	Mixed Green Salad and Coleslaw	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Berry and Apple Pie with Cream	Lemon Drizzle	Cookie with Fruit Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce	Jelly and Ice Cream

2 July 2018	Main	Chicken Curry with Rice	Beef and Pepper Pizza with Baby New Potatoes	Roast Chicken with Roast Potatoes & Gravy	Chicken in Soy Sauce with Noodles	Fish Fingers and Chips
	Veg Option	Mixed Pepper Frittata	Lentil and Sweet Potato Curry and Rice	Creamy Vegetable Wholemeal Pie with Roast Potatoes & Gravy	Vegetable Pasta Bake	Cheese and Tomato French Bread Pizza with Chips
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Apple Crumble with Custard	Jelly and Mandarins	Apple Flapjack	Peach Cake	Vanilla Shortbread

9 July 2018	Main	Sausages with Mashed Potatoes and Gravy	Spaghetti Bolognese	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice	Fish Finger/Salmon Fish Fingers and Chips
	Veg Option	Pasta Neapolitan with Spinach	Soya Mince and Veg Stir Fry with Spaghetti	Quorn Roast with Roast Potatoes & Gravy	Macaroni Cheese	Cheese, Onion and Spinach Quiche with Chips
		Sweet corn & Garden Peas	Carrots and Broccoli	Fresh Mixed Seasonal Veg	Mixed Peppers & Green Beans	Baked Beans or Garden Peas
	Dessert	Wholemeal Fruit Crumble with Custard	Chocolate and Beetroot Brownie	Sliced Cheese, Apple and Biscuits	Apple Pie with Custard	Iced Sponge

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16 July 2018	Main	Chicken Arrabiata Pasta	Macaroni Cheese	Roast Turkey with Roast Potatoes & Gravy	Jacket Potato & Beans	Fish Finger and Chips
	Veg Option	Spicy Rice with Quorn and Mixed Beans	Vegetable (Soya) Chilli & Rice	Lentil and Basil Puff Pastry with Roast Potatoes	Vegetable Fajitas	Spicy Bean Burger with Chips
		Peppers and Sweetcorn Mix	Mixed Green Salad and Coleslaw	Fresh Mixed Seasonal Veg	Peas and Sweetcorn	Baked Beans or Garden Peas
	Dessert	Berry and Apple Pie with Cream	Lemon Drizzle	Cookie with Fruit Yoghurt	Chocolate and Mandarin Sponge with Chocolate Sauce	Jelly and Ice Cream

23 July 2018	Main	Chicken Curry with Rice	Beef and Pepper Pizza with Baby New Potatoes	SUMMER HOLIDAYS
	Veg Option	Mixed Pepper Frittata	Lentil and Sweet Potato Curry and Rice	
		Mixed Peppers & Green Beans	Sweetcorn and Roasted Tomatoes	
	Dessert	Apple Crumble with Custard	Jelly and Mandarins	