

Bampton Church of England Primary School Lunch Menu - 1st Half of Autumn Term 2022

	Week 1	Week 2	Week 3
Monday	Pasta Bolognese, fine whole green beans, garlic bread. ✓ Vegetarian Bolognese, fine whole green beans, garlic bread. Muesli crunch with milkshake	Freshly made meatballs in a rich tomato sauce, pasta, sweetcorn ✓ Tomato tumble with pasta Apple Jack with milk drink	Pasta Carbonara, sweetcorn, garlic bread ✓ Broccoli pasta shells, sweetcorn, garlic bread Fudge tart
Tuesday	Homemade sausage roll, creamed potatoes baked beans, sweetcorn ✓ Homemade vegetarian sausage roll, creamed potatoes, baked beans, sweetcorn Peach slices and ice cream	Homemade chicken & vegetable pie, fresh cabbage, cauliflower, gravy and creamed potatoes ✓ Roasted vegetable tart, fresh cabbage, cauliflower, gravy, creamed potatoes Fruit jelly	Homemade cottage pie, broccoli and cauliflower, gravy ✓ Homemade soup with homemade bread roll Ice cream pot or cheese wedge with apple slices and crackers
Wednesday	✓ Cheese & tomato pizza, potatoe wedges coleslaw, salad. Cornflake crunchie with fruit juice	Beef burger in a floured bap, coleslaw, potato salad, pasta salad, green salad, BBQ sauce Homemade bean burger in a floured bap, ✓ coleslaw, potato salad, green salad, BBQ sauce Iced carrot cake	Hot dog in a roll, coleslaw, salad, potato salad couscous salad Veggie sausage in a roll, coleslaw, salad, ✓ potato salad, couscous salad Chocolate cracknel with fruit juice
Thursday	Roast chicken, roast potatoes, carrots, broccoli and gravy ✓ Lentil bake, roast potatoes, carrots, broccoli and gravy Strawberry biscuit bar with custard	Roast gammon, roast potatoes, carrots, green beans, gravy ✓ Vegetable crumble, roast potatoes, carrots, green beans, gravy Creamy rice pudding with warm jam	Roast beef, roast potatoes, carrots. peas and gravy ✓ Leek and potato bake, roast potatoes, carrots peas and gravy Farmhouse fruit cake
Friday	Oven baked fish cake, golden fries, peas, tomato sauce ✓ Oven baked omelette, fries and salad. Fruit shortcake with milk drink	Battered cod golden fries, peas, tomato sauce ✓ Egg mayo roll, fries, salad Coconut crunchie with fruit juice	Fish cake, fries, wholewheat spaghetti hoops ✓ Chickpea fritters with homemade tzatziki dip, fries and salad Ginger cookie with milkshake

V - Suitable for vegetarians

Month	Week 1
	Week 2
	Week 3
Non-school day	

September	M	5	12	19	26	
	Tu	6	13	20	27	
	W	7	14	21	28	
	Th	8	15	22	29	
	F	9	16	23	30	

October	M	3	10	17		
	Tu	4	11	18		
	W	5	12	19		
	Th	6	13	21		
	F	7	14			

School lunches cost £2.20 per day

If you think that your child may be entitled to free school meals please speak to the school office