

Rayleigh Primary Week 1



Week 1	Monday	Tuesday Italian Day	Wednesday Chinese Day	Thursday	Friday Favourite Day
Dish of the Day	Fish Fingers Served with Creamed Potatoes *	Italian Style Pasta Bolognaise Served with Garlic Slice *	Cheese & Tomato Pizza	Roast Turkey served With Roast Potatoes and Gravy	Chicken Hot Dogs Served in a Bun With Onions and Chips on the Side
Vegetarian Choice	Baked Jacket Potato Served with Beans	Creamy Macaroni Cheese served With Garlic Slice	Vegetable Pizza	Baked Bean Lasagne Served With Homemade Bread	Quorn Sausages Served in a Bun With Onions and Chips On the Side
Vegetables	Baked Beans	Garden Peas	Fresh Broccoli	Fresh Carrots	Baked Beans
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Fruit Crumble and Custard Low Fat Fruit Yoghurt Fresh Fruit Cups	Homemade Fruit Cookie Low Fat Fruit Yoghurt Fresh Fruit Platter	Chewy Apple Flapjack Low Fat Fruit Yoghurt Fresh Fruit Selection	Chocolate and Banana Muffin Served with Fresh Fruit Juice Low Fat Fruit Yoghurt Fresh Fruit Salad	Ice Cream Served with Fruit Dippers Low Fat Fruit Yoghurt Fresh Fruit Cups
Drinks & Bread	Sliced Bread Fresh Milk Chilled Water	Sliced Bread Fresh Milk Chilled Water	Sliced Bread Fresh Milk Chilled Water	Sliced Bread Fresh Milk Chilled Water	Sliced Bread Fresh Milk Chilled Water

* Denotes homemade dishes.

All vegetables and salads are fresh and prepared at the school. (excluding sweet corn and peas).

All meat is fresh and UK sourced.

Wholemeal and white bread, with and without sunflower spread is available daily.

With the exception of chips, our food is cooked using oven baking, steaming and grilling methods.

Rayleigh Primary Week 2



Week 2	Monday	Tuesday	Wednesday Mexican Day	Thursday	Friday American day
Dish of the Day	Chicken Meatballs in a Fresh Tomato Sauce Served with Pasta	Oven Baked Sausages Served With Creamed Potatoes and Gravy	Chilli Con Carne Served With Steamed Rice	BBQ Chicken Fillet Served With Jacket Potatoes	Premium Burger In A Bun Served With Tomato Relish and Chips on the Side
Vegetarian Choice	Neapolitan Pasta served With Garlic Bread	Quorn Sausages Served With Creamed Potatoes and Gravy	Vegetable Chilli Served With Steamed Rice	Oven Baked Jacket Potatoes Topped With Cheese	Quorn Burger In a Bun Served With Tomamto Relish and Chips on the Side
Vegetables	Fresh carrots	Garden Peas	Sweetcorn	Broccoli	Baked Beans
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Chocolate and Orange Sponge Served With Custard Fresh Fruit Yoghurt Fresh Fruit Platter	Fruit Jelly Fresh fruit Yoghurt Fresh Fruit Selection	Peach Shortcake Fresh fruit Yoghurt Fresh Fruit Cups	Carrot Cake Fresh fruit Yoghurt Fresh Fruit Salad	Chocolate Fruit Crispy cake Fresh fruit Yoghurt Fresh FruitPlatter
Drinks & Bread	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water

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Week 3	Monday Indian Day	Tuesday	Wednesday	Thursday	Friday Pizza Day
Dish of the Day	Shepherds Pie & Home made bread	Wholemeal Breaded Cod Served With Jacket Wedges	Sweet And Sour Chicken Served With Fragrant Rice	Roast Chicken Breast Served With Gravy and Roast Potatoes	Cheese and Tomato Pizza Served With Chips
Vegetarian Choice	Vegetarian Shepherds Pie & Home made bread	Mediterranean Tart Served With Jacket Wedges	Sweet And Sour Vegetables Served With Fragrant Rice	Ratatouille and Mixed Bean Wrap	Vegetable Supreme Pizza Served With Chips
Vegetables	Seasonal Cabbage	Fresh Broccoli	Sweetcorn	Garden Peas	Baked Beans
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Fruit Sponge Served With Custard Fresh Fruit Yoghurt Fresh Fruit Cups	Fruit In Jelly Fresh Fruit Yoghurt Fresh Fruit Salad	Orange Firecracker Pudding Served With Custard Fresh Fruit Yoghurt Fresh Fruit Selection	Carrot Cake Fresh Fruit Salad	Low Fat Fromage Frais Served With Fruit Dippers Fresh Fruit Cups
Drinks & Bread	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water

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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	Roasted Fish Served Pasta Served With Homemade Bread Wedge	Mild Chilli Con Carne Served With Steamed Rice	Roast Pork Served With Parsley Potatoes and Gravy	BBQ Chicken Fillet Served With Creamed Potatoes	Salmon Fishcake Served With Chips
Vegetarian Choice	Vegetable Lasagne Served With Homemade Bread Wedge	Spicy Bean hotpot Served With Steamed Rice	Vegetable Stuffed Pastry served with Parsley Potatoes	Oven Baked Jacket Potato Served With Cheese	Vegebangers Served With Chips
Vegetables	Sweetcorn	Fresh Carrot	Garden Peas	Broccoli	Baked Beans
Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Fruit Crumble Served With Custard Fresh Fruit Yoghurt Fresh Fruit Platter	Fruit Shortcake Fresh Fruit Yoghurt Fresh Fruit Cups	Vanilla Ice Cream Served With Fruit Chunks Fresh Fruit Yoghurt Fresh Fruit Salad	Apple And Sultana Pie Served With Custard Fresh Fruit Yoghurt Fresh Fruit Selection	Fruit In Jelly Fresh Fruit Yoghurt Fresh Fruit Cups
Drinks & Bread	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water	Sliced Bread Cool Milk Chilled Water

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