



ABBOT ALPHEGE ACADEMY LUNCH MENU AUTUMN TERM 1 2020

PLEASE NOTE: CHILDREN IN Yr 0 – Yr 2 ARE ELIGIBLE TO RECEIVE UNIVERSAL INFANT FREE SCHOOL MEALS. THEREFORE, THE £2.40 CHARGE DOES NOT APPLY

	MEAT FREE Monday £2.40	Tuesday £2.40	Wednesday £2.40	Thursday £2.40	Friday £2.40
Main Meal	Homemade 3 Cheese and Tomato Pizza	“Free Range” Homemade Pork Sausage Roll	“Farm Assured” Roast Seasoned Chicken Breast	“Farm Assured” Chicken and Vegetable Pasta Bake	MSC Jumbo Cod Fish Finger
Vegetarian Option	Chefs Indian Style Lentil and Spinach Dahl	Veggie Cheesy Pinwheels	Linda McCartney Veggie Sausage with Yorkshire Pudding	Autumn Vegetable Risotto	Butternut Squash Falafel Wrap with a Tomato Salsa
All of the above served with	Jacket Wedges, Choice of 6 Fresh Salads, Freshly Baked Bread	Seasoned New Potatoes, Choice of 6 Fresh Salads, Freshly Baked Bread	Roast Potatoes, Seasonal Fresh vegetables, Gravy, Freshly Baked Bread Choice of 6 Fresh Salads	Choice of 6 Fresh Salads, Freshly Baked Bread	Chips, Baked Beans, Sweetcorn and 6 Fresh Salads, Freshly Baked Bread
Alternative	N/A	Oven baked Jacket Potato Served with Tuna Mayonnaise, Baked Beans or Cheese	N/A	Oven baked Jacket Potato Served with Tuna Mayonnaise, Baked Beans or Cheese	Farm Assured Ham served with Chips, Beans or Sweetcorn
KS1/KS2 Lite Bite	Cheese Salad Served with pasta and freshly baked bread	N/A	Ham Salad Served with pasta and freshly baked bread	N/A	Free Range Egg Salad Served with pasta and freshly baked bread
KS2 Lite Bite	Cheese Baguette Served with Fresh Salad Bar	N/A	Ham Baguette Served with Fresh Salad Bar	N/A	Free Range Egg Baguette Served with Fresh Salad Bar
Dessert	Fruity Biscuits Organic Yoghurt Fresh Fruit Salad	Peach Sponge Topped with a Raspberry Icing Organic Yoghurt Fresh Fruit Salad	Fresh Fruit Salad Organic Yoghurt	Fruity Cornflake Chocolate Crunch Organic Yoghurt Fresh Fruit Salad	Ice Cream Organic Yoghurt Fresh Fruit Salad

Please Note:

Any child with food allergies or intolerances will be offered an alternative Main Course and Dessert to meet your child’s needs. For those Pupils with Allergies a copy of the Allergens list can be obtained from the school office. Please contact Chef Annie should you have any concerns. **Water Available Daily.**