

# HILPERTON & WINGFIELD

## TERM 4 2022-2023

Dear Parents/Carers

Welcome to our Term 4 Menu for 2022-2023.

Please find overleaf the menu for Term 4. Please email your meal choices, by entering a 'x' in the relevant box **The cost is £2.55 per meal for Nursery and KS2 children.**

### KS1 Children

Please note that if a menu has not been completed and returned for your child, the main course option will be booked to ensure a meal is provided.

### KS2 Children

If your child is eligible for Free School Meals, we do still require you to complete a menu and return it to the office to ensure we have catered correctly for your child. If a menu is not returned a main course option will be booked. Please make sure when completing the menu x is used to choose your selection

**All payments required for school meals needs to be made via Arbor. Please calculate the amount you need to pay - this must be paid for on Arbor**

We aim to provide a nutritionally balanced menu that meets the standards set by the School Food Trust. We use quality ingredients that are:

- Produced locally
- From sustainable sources or ethically supplied
- Farm assured, i.e. meat that carries the red tractor logo
- Approved by the Marine Conservation Society (Fish)

All hot meals are served with a selection of seasonal vegetables which will include some of the following: carrots, broccoli, green beans, sweetcorn and cabbage. We also offer a daily meat-free option, suitable for vegetarians.

Drinking water, milk and bread is freely available. All children will be offered the main dessert option; however, seasonal fruit will be available as an alternative.

Please be aware the menu may change due to situations beyond our control.

If you have any special dietary needs, please contact the school office to discuss your menu options.

Food Allergen Advice Note: This is available on our website.

**Dietary Requirements: Please complete this section in full on each menu submitted**

If your child has a specific dietary requirement, we kindly request that this must be supported by a medical document.

**Other Requirements: Please complete this section in full on each menu submitted**

Please put any parental preferences, cultural requirements or other dietary wishes in this section.

Dietary Requirements: (Please tick)		Other Requirements: (Please indicate)	
Gluten Free		Halal	
Dairy Free		Kosher	
Nut Free			
Wheat Free			
Other (please specify)			



<b>CHILD'S NAME:</b>		<b>OFFICE USE ONLY</b>	
<b>CHILD'S CURRENT CLASS:</b>		INITIALS: .....	DATE:.....
		TOTAL: .....	

**PLEASE MARK YOUR CHOICE WITH 'X' FOR EITHER THE MAIN, VEGETARIAN OR JACKET POTATO OPTION EACH DAY  
PLEASE DO NOT HIGHLIGHT**

W/C: 20.02.2023 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Macaroni Cheese		Mince Beef Cobbler		Sausage, Mash Potato and Beans		Roast Chicken with Roast Potatoes		Fish, Chips and Peas	
<b>VEGETARIAN</b>	Sweet and Sour Vegetable Noodles		Roasted Vegetable Risotto		Tomato and Basil Wholemeal Pasta Bake		Roast Quorn Sausage with Roast Potatoes		Cheese and Bean Pasty	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Chocolate Muffins		Cherry Flapjack		Apple Sponge and Custard		Lemon Drizzle Cake		Artic Roll	
								<b>KS2 TOTAL</b>	£.....	

W/C: 27.02.2023 2	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Cheese and Tomato Pizza		Tuna Pasta Bake		Halal Chicken Curry		Cottage Pie		Fish Fingers, Chips and Beans	
<b>VEGETARIAN</b>	Mushroom Stroganoff with Wholemeal Rice		Vegetable Stew and Dumplings		Cauliflower Cheese		Quorn Cottage Pie		Vegetable Burger and Chips	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Melon		Oat and Raisin Cookie		Coconut and Jam Sponge Cake		Banana Muffins		Raspberry and Chocolate Cake	
								<b>KS2 TOTAL</b>	£.....	

W/C: 06.03.2023 3	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Vegetable Lasagne		Cheese and Ham Pizza		Creamy Chicken and Mushroom Pasta		Roast Pork with Roast Potatoes		Fish Cake, Wedges with Sweetcorn and Peas	
<b>VEGETARIAN</b>	Coconut, Chickpea and Spinach Curry		Vegetarian Meatball Tagine		Quorn Sausage Puff		Cheese and Onion Quiche		Vegetable Frittata	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Vanilla Cookies		Fruit Yoghurts		Fruit Crumble and Custard		Blueberry Muffins		Chocolate Brownie	
								<b>KS2 TOTAL</b>	£.....	

W/C 13.03.2023 4	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Macaroni Cheese		Mince Beef Cobbler		Sausage, Mash Potato and Beans		Roast Chicken with Roast Potatoes		Fish, Chips and Peas	
<b>VEGETARIAN</b>	Sweet and Sour Vegetable Noodles		Roasted Vegetable Risotto		Tomato and Basil Wholemeal Pasta Bake		Roast Quorn Sausage with Roast Potatoes		Cheese and Bean Pasty	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Chocolate Muffins		Cherry Flapjack		Apple Sponge and Custard		Lemon Drizzle Cake		Artic Roll	
								<b>KS2 TOTAL</b>	£.....	

W/C: 20.03.2023 5	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Cheese and Tomato Pizza		Tuna Pasta Bake		Halal Chicken Curry		Cottage Pie		Fish Fingers, Chips and Beans	
<b>VEGETARIAN</b>	Mushroom Stroganoff with Wholemeal Rice		Vegetable Stew and Dumplings		Cauliflower Cheese		Quorn Cottage Pie		Vegetable Burger and Chips	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Melon		Oat and Raisin Cookie		Coconut and Jam Sponge Cake		Banana Muffins		Raspberry and Chocolate Cake	
								<b>KS2 TOTAL</b>	£.....	

W/C: 27.03.2023 6	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>MAIN COURSE</b>	Vegetable Lasagne		Cheese and Ham Pizza		Creamy Chicken and Mushroom Pasta		Roast Pork with Roast Potatoes		Fish Cake, Wedges with Sweetcorn and Peas	
<b>VEGETARIAN</b>	Coconut, Chickpea and Spinach Curry		Vegetarian Meatball Tagine		Quorn Sausage Puff		Cheese and Onion Quiche		Vegetable Frittata	
<b>JACKET POTATO</b>	With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings		With Choice of Fillings	
<b>DESSERT</b>	Vanilla Cookies		Fruit Yoghurts		Fruit Crumble and Custard		Blueberry Muffins		Chocolate Brownie	
								<b>KS2 TOTAL</b>	£.....	

**TOTAL PAID**.....