

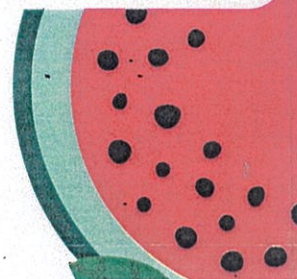
Week 1: 13th Apr, 4th May,  
25th May, 15th Jun, 6th Jul,  
27th Jul, 17th Aug, 7th Sep,  
28th Sep, 19th Oct

 **Homemade Bread,**  
selection of seasonal  
Vegetables / fresh Salad &  
fresh Fruit served daily.

Selection of cold  
Sandwiches served daily.

# Ben Rhydding Primary School

## Menu



**Mon**

**ProVeg Beef & Red  
Lentil Bolognese &  
Garlic Bread**  
Red Tractor accredited  
Beef Mince & Lentils in  
a Tomato & Vegetable  
Sauce, served with  
Pasta & Garlic Bread.

 **Chinese Quorn  
Curry**  
A Chinese-style Quorn  
Curry, served with  
Rainbow Rice.

**Assorted  
Jacket  
Potatoes /  
Selection of  
Sandwiches**

 **Lemon  
Shortcake &  
Custard**  
A rich Shortbread  
finger with a hint of  
Lemon, served with  
Custard.

**Tue**

**Pork & Apple Whirl**  
Red Tractor Accredited  
Sausage Meat and  
Apples, encased in  
Pastry.

 **Super  
Savoury Roll**  
Flakey Puff Pastry  
with a seasoned  
filling, served with  
Seasoned Potatoes.

**Assorted  
Jacket  
Potatoes /  
Selection of  
Sandwiches**

 **Sprinkle Cake**  
Homemade -  
reduced sugar -  
Vanilla Sponge,  
lightly topped with  
water icing and  
Sprinkles.

**Wed**

**Roast Meat Dinner**  
Red Tractor Accredited  
Meat (either Gammon,  
Turkey or Pork Loin)  
served with Yorkshire  
Pudding, Roast  
Potatoes, Seasonal Veg  
& Gravy.

 **Quorn  
Roast Dinner**  
Served with Yorkshire  
Pudding, Roast  
Potatoes, Seasonal  
Vegetables & Vegan  
Gravy.

 **Spaghetti  
Marinara**  
A Tomato & mildly  
spiced Sauce  
combined into  
cooked  
Spaghetti, topped  
with Cheese.

 **Hot Sub Roll**

 **Decorated  
Fruit Jelly**  
Jelly with Fruit,  
topped with Fresh  
Cream.

**Thu**

**Tuna &  
Sweetcorn Pizza**  
Wholemeal 50/50 base,  
topped with a lightly  
spiced Sauce and topped  
with Mozzarella /  
Cheddar Cheese & Tuna,  
served with Chips /  
Jacket Wedges.

 **Classic Cheese &  
Tomato Pizza**  
Wholemeal 50/50 base,  
topped with a  
lightly spiced Sauce  
and topped with  
Mozzarella / Cheddar  
Cheese, served with  
Chips / Jacket Wedges.

**Assorted  
Jacket  
Potatoes**

 **Chocolate Buns**  
Individual Chocolate  
flavoured Sponge.

**Fri**

**MSC Battered  
Fish Fillet**  
MSC Battered Fillet of  
Fish, served with Chips  
/ Jacket Wedges.

 **Vegetable  
Pakoras**  
Mixed Vegetables  
& Onion coated in  
Tempura Batter,  
served with Chips /  
baked Jacket  
Wedges & Riata.

 **ProVeg Indian-style  
Sausage Rolls**  
Puff Pastry with a  
Vegan Filling, served  
with Chips / Jacket  
Wedges.

**Assorted  
Jacket  
Potatoes**

 **Vanilla Cookie**  
Custard flavoured  
Cookie.



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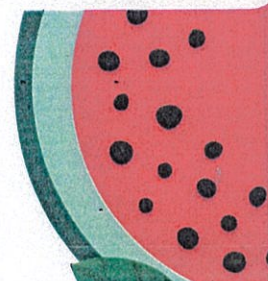
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Week 2: 20th Apr, 11th May,  
1st Jun, 22nd Jun, 13th Jul,  
3rd Aug, 24th Aug, 14th Sep,  
5th Oct, 26th Oct

**Homemade Bread,**  
selection of seasonal  
Vegetables / fresh Salad &  
fresh Fruit served daily.

Selection of cold  
Sandwiches served daily.

# Ben Rhydding Primary School Menu



**Mon**

**ProVeg Rich & Creamy Meat Lasagne**  
Red Tractor Accredited Beef  
Wince in a rich Tomato Sauce  
with Vegetables, Herbs &  
Garlic, layered with Pasta  
Sheets & a Creamy Cheese  
Sauce, served with Garlic  
Bread.

**Rich & Creamy Vegetarian Mince Lasagne**  
Soya Mince & Vegetables  
in a rich Tomato Sauce with  
Vegetables, Herbs & Garlic,  
layered with Pasta Sheets  
& a Creamy Cheese Sauce,  
served with Garlic Bread.

**Assorted Jacket Potatoes / Selection of Sandwiches**

**Strawberry Sponge & Custard**  
Homemade, light  
Vanilla Sponge with  
a Strawberry Jam  
Swirl, served with  
Custard.

**Tue**

**Homemade Cheese & Onion Pasty**  
Creamed Potatoes  
with Cheese &  
Onions encased in  
Pastry.

**Mascarpone Pasta**  
A creamy Sauce  
with Tomatoes,  
Mascarpone Cheese  
and Herbs, served  
with Crusty Bread.

**Assorted Jacket Potatoes / Selection of Sandwiches**

**Lemon Drizzle**  
A fluffy Lemon  
Sponge with Icing  
Drizzle, served with  
optional Custard.

**Wed**

**Roast Meat Dinner**  
Red Tractor Accredited  
Meat (either Gammon,  
Turkey or Pork Loin)  
served with Yorkshire  
Pudding, Roast  
Potatoes, Seasonal Veg  
& Gravy.

**Golden Cheese Roll**  
Cheese mix wrapped  
in Puff Pastry, served  
with Creamed  
Potatoes & Seasonal  
Vegetables.

**Selection of Sandwiches / Hot Sub Roll**

**Peaches & Ice Cream with Syrup**  
Vanilla Ice Cream  
with Tinned Peach  
Slices, with a  
Chocolate flavoured  
Syrup.

**Thu**

**Classic Cheese & Tomato Pizza**  
Wholemeal 50/50 base,  
topped with a  
lightly spiced Sauce  
and topped with  
Mozzarella / Cheddar  
Cheese, served with  
Chips / Jacket Wedges.

**Mini Power Ball Pizza**  
Wholemeal 50/50 base  
topped with a lightly  
spiced Sauce, and topped  
with Mozzarella / Cheddar  
Cheese & Meatless Balls,  
served with Chips / Jacket  
Wedges.

**Assorted Jacket Potatoes**

**Marble Sponge & Chocolate Sauce**  
Homemade Sponge  
with hints of both  
Vanilla & Chocolate  
Cake, served with  
Chocolate Sauce.

**Fri**

**Southern-fried Chicken Goujons**  
Red Tractor Accredited  
pre-fried Breaded  
Chicken, served with  
Garlic Mayonnaise &  
Baked Jacket Wedges /  
Chips.

**Homemade BBQ Quorn with Rice**  
Quorn Pieces in a  
Barbeque flavoured  
Tomato Sauce, served  
with Rainbow Rice.

**Selection of Sandwiches**

**Gallydale Biscuits**  
Homemade, crumbly,  
Oaty Biscuit.



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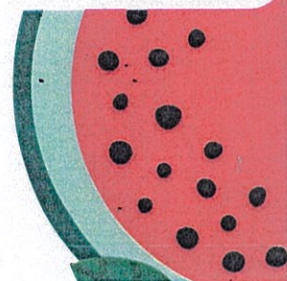
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Week 3: 27th Apr, 18th May,  
8th Jun, 29th Jun, 20th Jul,  
10th Aug, 31st Aug, 21st Sep,  
12th Oct, 2nd Nov

Homemade Bread,  
selection of seasonal  
Vegetables / fresh Salad &  
fresh Fruit served daily.

Selection of cold  
Sandwiches served daily.

# Ben Rhydding Primary School Menu



**Mon**

**ProVeg Mild Chicken Curry**  
Indian inspired aromatic Red Tractor Chicken, Sweet Potato & Vegetable Curry, served with Rainbow Rice.

**Pomodoro Pasta**  
A simple, delicious, rich Tomato Sauce with Beans, served with Crusty Bread.

**Assorted Jacket Potatoes / Selection of Sandwiches**

**Flapjack**  
A sweet Bar made with Oats, Golden Syrup & Butter.

**Tue**

**Soya Mince Chilli with Rice & Nachos**  
Soya Mince in a spicy Tomato Sauce, served with Rice & Nachos.

**American-style Quorn Hot Dog**  
Quorn Sausage served in a Bun, with Seasoned Potatoes.

**Assorted Jacket Potatoes / Selection of Sandwiches**

**Paris Sandwich**  
A light, sweet Pastry with Jam, sandwiched in between, served with Custard.

**Wed**

**Sausage Pie**  
Red Tractor Accredited Sausage in Gravy, topped with Cheesy Mashed Potatoes, served with Yorkshire Pudding.

**Neapolitan Pasta**  
Seasonal Veg, Beans & Herbs cooked and blended into a rich Tomato Sauce, served with Pasta.

**Selection of Sandwiches / Hot Sub Roll**

**Pears & Ice Cream with Syrup**  
Vanilla Ice Cream with Tinned Pear Slices, with a Chocolate flavoured Syrup.

**Thu**

**Classic Cheese & Tomato Pizza**  
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

**Assorted Jacket Potatoes / Selection of Sandwiches**

**Chocolate Buns**  
Individual Chocolate flavoured Sponge.

**Fri**

**MSC Breaded Fish Fillet Fingers**  
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.

**MSC Salmon & Sweet Potato Fishcake**  
MSC Salmon & Sweet Potato, served with Chips / Jacket Wedges.

**Crispy Dippers**  
A blend of Vegetables & Potato coated in Breadcrumbs, served with Ketchup & Chips / baked Jacket Wedges.

**Selection of Sandwiches**

**Butterfly Buns**  
Individual, decorated Sponge-based Dessert.



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