

Baileys

Winter Menu Planner

Research indicates that children that eat a healthy lunch...

- ✓ Have better concentration at school
- ✓ Are more likely to achieve higher academically
- ✓ Are happier and healthier

How do Baileys ensure a healthy lunch?

- ✓ Comply with the national school food standards
- ✓ Use local, seasonal and often organic ingredients
- ✓ Use wholemeal bread and pasta for sustained energy in afternoon lessons
- ✓ Grow our own fresh fruit and vegetables in our local poly tunnels
- ✓ Offer a wide variety of foods

Week 1 (Start Date: September 2017)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
🍖 Meatballs with Pasta	Chicken Fajita, Savoury Rice & Coleslaw	Pork Loin Steak Roast Dinner	🍖 Sausages & Mashed Potatoes	Tuna & Sweetcorn Cheesy Pasta Bake 🍷
OR 🌱 Veggie Meatballs with Pasta	OR 🌱 Roasted Vegetable & Mozzarella Fajita	OR 🌱 Quorn Fillet Roast Dinner	OR 🌱 Veggie Sausages & Mashed Potatoes	OR 🌱 Freshly made Cheese & Tomato Pizza with salad
Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot
🌱 Jacket Potato with a choice of fillings	Cheese & Ham Toasties	🌱 Jacket Potato with a choice of fillings	🌱 Soup & a 🍷 Roll	🌱 Jacket Potato with a choice of fillings
Desserts Lemon Tray Cake Or 🍷 Yoghurt	Desserts Blueberry Cake Or Fruity Granola Pots	Desserts Pineapple Upside Down Cake Or 🍷 Yoghurt	Desserts Fruity Sponge Cake Or 🍷 Fruit	Desserts Cranberry & Apple Flapjacks Or 🍷 Yoghurt

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✗ Chilli Con Carne with Boiled Rice	Turkey Escalope with Potatoes & Vegetables	✗ Chicken Roast Dinner	✗ Lamb & Vegetable Hot Pot	MSC Salmon Goujons & Potato Wedges
OR 🌱 Veggie Chilli made with Quorn Mince in a rich Tomato Sauce with Boiled Rice	OR 🌱 Veggie Burger with Savoury Rice & Coleslaw	OR 🌱 Quorn Fillet Dinner	OR 🌱 Cauliflower & Broccoli Crumble	OR 🌱 Cheese & Tomato Quiche with Potato Wedges
Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot
🌱 Margarita Pizza 🍷 & Salad	🌱 Jacket Potato with a choice of fillings	🌱 Vegetable Soup & a 🍷 roll	🌱 Jacket Potato with a choice of fillings	🌱 Jacket Potato with a choice of fillings
Desserts Toffee Tray Cakes Or 🍷 Yoghurt	Desserts Fruity Shortbread Or 🍷 Fruit	Desserts Ginger Oat Cakes Or 🍷 Yoghurt	Desserts Blueberry Cake Or 🍷 Fruit	Desserts Pineapple Or Melon Or Fruity Granola Pots



Visit our Facebook page for images of our school meals



AVAILABLE EVERY DAY!

GRAB'N'GO BAGUETTES OR PASTA POTS

CHOICE OF SEASONAL VEGETABLES

FRUIT OR ORGANIC YOGHURT

WHOLEMEAL/WHITE BREAD & DRINKING WATER

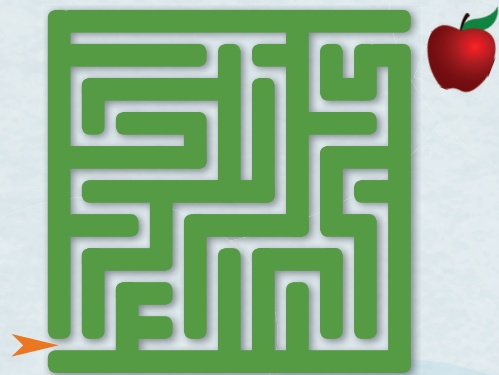
Key

- 🌱 Organic
- MSC
- 🍷 Wholemeal
- 🌱 Vegetarian
- ☀️ Seasonal
- ✗ Gluten Free
- 🍖 Free Range

Please go to www.dinnerpay.co.uk to book school meals for UFSM/FSM & paid meals

Baileys Brain Teaser

Can you find your way to your healthy snack?



Healthy snack ideas:

- ✓ Chopped fruit
- ✓ Vegetable sticks and dips
- ✓ Crumpet with marmite
- ✓ Rice cakes
- ✓ Plain popcorn

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✗ Pesto Chicken with Rice	Beef Lasagne & Garlic Bread with Salad	✗ Turkey Roast Dinner	Macaroni Cheese, Pea & Bacon Bake	MSC Fish Goujons with Potato Wedges
OR V Pesto Roasted Vegetables with Rice	OR V Vegetarian Lasagne & Garlic Bread with Salad	OR V Quorn Fillet Roast Dinner	OR V Macaroni Cheese & Pea Bake	OR V Vegetable Fingers with Potato Wedges
Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot
V Jacket Potato with a choice of fillings	Tuna & Cheese Toasties	V Jacket Potato with a choice of fillings	V Soup & a Roll	V Jacket Potato with a choice of fillings
Desserts Fruit Or Fruity Granola Pots	Desserts Fruit Or Yoghurt	Desserts Shortbread Or Yoghurt	Desserts Pineapple Melon Or Fruity Granola Pots	Desserts Lemon Cake Or Fruit

Key

Organic
 MSC
 Wholemeal
 Vegetarian
 Seasonal
 Gluten Free
 Free Range

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Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Burrito with Salad	Roast Beef Dinner	Curried Coconut Chicken & Broccoli Bake with Boiled Rice	Cottage Pie with Vegetables	MSC Harry Ramsden Baked Fish with Oven Baked Fries
OR V Veggie Burrito with Salad	OR V Mac & Cheese Croquettes Dinner	OR V Curried Coconut Vegetable & Broccoli Bake with Boiled Rice	OR V Vegetable Cottage Pie	OR V Vegetable & Cheese Country Bake with Oven Baked Fries
Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot	Grab & Go: Assorted Baguettes or Pasta Pot with Salad Pot
V Pizza & Salad	V Jacket Potato with a choice of fillings	V Jacket Potato with a choice of fillings	V Soup & a roll	V Jacket Potato with a choice of fillings
Desserts Fruit Or Yoghurt	Desserts Apple Crumble with Crème Fraiche Or Fruit	Desserts Blueberry Sponge Cake Or Fruit	Desserts Fruity Granola Pots Or Fruit	Desserts Chocolate Chip Tray Cake Or Yoghurt



Visit our Facebook page for images of our school meals



LOCALLY SOURCED

SEASONAL PRODUCE

ORGANIC

CONVENIENT ORDERING

HEALTHY, VARIED MENU