



# Air Balloon Hill Primary School

## Stratos Galley

### Menu for Autumn/Winter

2018-19

In addition to the Main Meal, Vegetarian and Halal options, we are pleased to offer a daily Jacket Potato option (with a variety of fillings) and a Salad Bar option.

Salad Bar - Children can choose:

**One item from the Protein selection**

Tuna and Mayonnaise  
★ Ham  
Chicken  
Cheese  
Egg Mayonnaise

A Wrap or Roll plus:

**One item from the Carbohydrate options**

Pasta Salad  
Potato and Chive salad  
Coleslaw



**A Selection of salad items**

Cucumber  
Tomatoes  
Carrot Sticks  
Pepper Sticks  
Iceberg Lettuce  
Pineapple  
Raisins  
Sweetcorn  
Beetroot

All children in Reception, Years 1 and 2 are entitled to Universal Infant Free School Meals. For children in Years 3-6 meals are £2.25 per day. Children whose parents are in receipt of certain benefits may be entitled to free school meals – please ask at the school office for more details.

Food Allergens and Intolerances – If your child has any food allergies or intolerances, please contact the school office.



WE ARE PROUD TO SERVE LOCAL PRODUCE WHEREVER POSSIBLE.



# Week One

05/11, 26/11, 17/12, 07/01, 28/01, 25/02, 18/02



**Main Meal**  
**Options**

- Meat, fish, eggs, beans and other non-dairy sources of protein
- Vegetarian
- Halal

Monday

### Choose From

- Pepperoni and Pepper Pizza
- Margarita Pizza
- Halal Chicken, Pepper and Mushroom Pizza

### On the side

- Sweetcorn
- Winter Coleslaw
- Wholemeal Pasta Salad
- 50/50 bread

### Something Sweet

- Apple and Rhubarb Crumble and Custard
- Yoghurt
- Fresh Fruit

Tuesday

### Choose From

- Roast Turkey with Stuffing and Gravy
- Quorn Cottage Pie
- Halal Chicken Breast

### On the side

- Carrots
- Broccoli
- Roast or Boiled Potatoes
- Wholemeal Bread

### Something Sweet

- Raspberry Whip
- Yoghurt
- Fresh Fruit

Yeo Valley organic

Wednesday

### Choose From

- Creamy Chicken Pie
- Veggie Sausage and Bean Bake

### On the side

- Cauliflower
- Peas
- Creamed Potatoes
- 50/50 bread

### Something Sweet

- Lemon Drizzle Cake
- Yoghurt
- Fresh Fruit

Thursday

### Choose From

- Roast Gammon
- Pasta Neapolitan
- Homemade Chicken Breast

### On the side

- Carrots and Swede
- Green Beans
- Roast or Boiled Potatoes
- Wholemeal bread

### Something Sweet

- Apple Flapjack and Custard
- Yoghurt
- Fresh Fruit

Friday

### Choose From

- Fish Fingers
- Cheesy Quiche

### On the side

- Baked Beans
- Sweetcorn
- Chipped or Boiled Potatoes
- 50/50 bread

### Something Sweet

- Homemade Shortbread
- Yoghurt
- Fresh Fruit



### Also Available Daily

Salad Bar

Jacket Potato Daily Offer (including a variety of toppings)

Fresh Water is available to all children at lunchtime

**£2.25 per day**



WE ALWAYS USE FREE RANGE EGGS IN OUR CAKES



# Air Balloon Hill Primary School – Stratos Galley

## Week Two

12/11, 03/12, 14/01, 04/02, 04/03, 25/03

### Main Meal Options

- Meat, fish, eggs, beans and other non-dairy sources of protein
- Vegetarian
- Halal

Monday

#### Choose From

- Beef Chilli Taco with sides
- Quorn Bolognaise Pasta

#### On the side

Sweetcorn  
Green Beans  
Fluffy Rice  
Garlic Bread

#### Something Sweet

Funky Fruit Rock Cakes  
Yoghurt  
Fresh Fruit

Tuesday

#### Choose From

- Roast Chicken with Stuffing and Gravy
- Cheese and Spinach Puff Pastry Slice
- Halal Chicken Breast

#### On the side

Peas  
Carrots  
Roast or Baby Potatoes  
Wholemeal Bread

#### Something Sweet

Strawberry Jelly with Strawberries  
Yoghurt  
Fresh Fruit

Wednesday

#### Choose From

- Baked Pork Sausages
- Quorn Sausages
- Halal Chicken Sausages

#### On the side

Baked Beans  
Broccoli  
Creamed Potatoes  
50/50 bread

#### Something Sweet

Data and Sultana Cake with Custard  
Yoghurt  
Fresh Fruit

Thursday

#### Choose From

- Roast Beef, Yorkshire Pudding and Gravy
- Butternut Squash and Vegetable Lasagne
- Halal Chicken Breast

#### On the side

Cauliflower  
Fresh Carrots  
Roast or Boulangere Potatoes  
Wholemeal Bread

#### Something Sweet

Chocolate Cake with Chocolate Sauce  
Yoghurt  
Fresh Fruit

Friday

#### Choose From

- Fish Fingers
- Veggie Burgers

#### On the side

Baked Beans  
Sweetcorn  
Chipped or Boiled Potatoes  
50/50 bread

#### Something Sweet

Vanilla Ice Cream and Fresh Fruit Salad  
Yoghurt  
Fresh Fruit

#### Also Available Daily

Salad Bar

Jacket Potato Daily Offer (including a variety of toppings)

Fresh Water is available to all children at lunchtime

**£2.25 per day**



WE ALWAYS USE  
LOCALLY  
SOURCED MEATS



WE USE HOME-GROWN VEGETABLES FROM THE SCHOOL ALLOTMENT

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# Week Three

19/11, 10/12, 21/01, 11/02, 11/03, 01/04

**Main Meal Options**  
 ● Meat, fish, eggs, beans and other non-dairy sources of protein  
 ● Vegetarian  
 ● Halal

Monday

**Choose From**

- Creamy Chicken Curry
- Macaroni Cheese

**On the side**

- Baked Beans
- Sweetcorn
- Rice
- Naan bread

**Something Sweet**

- Oaty Apple and Cinnamon Crumble and Custard
- Yoghurt
- Fresh Fruit

Tuesday

**Choose From**

- Roast Gammon and Gravy
- Cheese and Tomato Pinwheels
- Halal Chicken Breast

**On the side**

- Carrots
- Broccoli
- Roast or Boiled Potatoes
- Wholemeal Bread

**Something Sweet**

- Butterscotch Whip
- Yoghurt
- Fresh Fruit

Wednesday

**Choose From**

- Minced Beef Lasagne
- Vegetable Moussaka

**On the side**

- Peas and Peppers
- Green Beans
- Garlic Bread

**Something Sweet**

- Banana and Apple Cake
- Yoghurt
- Fresh Fruit

Thursday

**Choose From**

- Roast Chicken with Stuffing and Gravy
- Quorn Fillet with Stuffing and Gravy
- Halal Chicken Breast

**On the side**

- Cauliflower
- Carrot and Swede
- Roast or Creamed Potatoes
- 50/50 Bread

**Something Sweet**

- Jam and Coconut Sponge and Custard
- Yoghurt
- Fresh Fruit



Friday

**Choose From**

- Fish Fingers or Salmon Fish Cakes
- Quorn Nuggets

**On the side**

- Baked Beans
- Sweetcorn
- Chipped or Boiled Potatoes
- Wholemeal Bread

**Something Sweet**

- Chocolate Brownies
- Yoghurt
- Fresh Fruit



**Also Available Daily**

Salad Bar

Jacket Potato Daily Offer (including a variety of toppings)  
 Fresh Water is available to all children at lunchtime

**£2.25 per day**

