



Air Balloon Hill Primary School




Stratos Galley

Menu for Spring/Summer 2022

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).

Main Meal

Options

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



All food is stored and freshly prepared in our school kitchen and there is a risk of exposure to allergens. All food produced in the kitchen may therefore contain traces of any of the 14 known allergen groups – including: milk, eggs, gluten, soya, celery, fish, lupin, sesame, sulphur dioxide, mustard, crustaceans. Please note that we are a nut-free school.



Week One

25/04, 16/05, 13/06, 04/07, 05/09, 26/09, 17/10

 We always use Free Range Eggs in our cakes

Monday

Choose From

- Pepperoni Pizza
- Margarita Pizza

On the side

- Sweetcorn
- Summer Fruity Coleslaw
- Pasta Salad
- Wholemeal or 50/50 bread

Something Sweet

- Vegan Fruity Flapjack
- Yoghurt
- Fresh Fruit

Tuesday

Choose From

- Sticky BBQ Chicken
- Cheesy Bean Quesadillas
- Halal Sticky BBQ Chicken

On the side

- Sliced Green Beans
- Broccoli
- Savoury Rice
- Wholemeal or 50/50 bread

Something Sweet

- Strawberry Whip
- Yoghurt
- Fresh Fruit



Wednesday

Choose From

- Roast Beef with Yorkshire Pudding and Gravy
- Roast Quorn Roll
- Roast Halal Turkey Escalope and Gravy

On the side

- Fresh Carrots
- Seasonal Fresh Greens
- Roast or New Potatoes
- Wholemeal or 50/50 bread

Something Sweet

- Apple Crumble with Custard
- Yoghurt
- Fresh Fruit

Thursday

Choose From

- Homemade Pork Sausage Roll
- Vegan Cottage Pie
- Homemade Halal Chicken Sausage Roll

On the side

- Mixed Vegetables
- Baked Beans
- Creamed Potatoes
- Wholemeal or 50/50 bread

Something Sweet

- Vegan Chocolate Krispie Cake
- Yoghurt
- Fresh Fruit

Friday

Choose From

- Fish Fingers
- Quorn Nuggets
- Salmon Fishcakes

On the side

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

Something Sweet

- Ice Cream with Fresh Fruit Salad
- Yoghurt
- Fresh Fruit



Also Available Daily

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

£2.25 per day



Week Two

02/05, 23/05, 20/06, 11/07, 12/09, 03/10

We always use locally sourced meats

Monday

Choose From

- Pork and Beef Hotdog with Onions and Ketchup
- Quorn Hotdog with Onions and Ketchup
- Halal Chicken Hotdog with Onions and Ketchup

On the side

- Baked Beans
- Green Beans
- Crispy Potato Wedges
- Wholemeal or 50/50 Bread

Something Sweet

- Tropical Fruity Sponge
- Yoghurt
- Fresh Fruit

Tuesday

Choose From

- Creamy Chicken Korma Curry
- Macaroni Cheese
- Halal Chicken Curry

On the side

- Peas
- Broccoli
- Fluffy Rice
- Naan Bread

Something Sweet

- Fruity Strawberry Jelly
- Yoghurt
- Fresh Fruit

Wednesday

Choose From

- Roast Chicken with Stuffing and Gravy
- Vegan Cornish Pasty
- Halal Roast Chicken with Stuffing and Gravy

On the side

- Cauliflower
- Fresh Carrot Batons
- Roast or Creamed Potatoes
- Wholemeal or 50/50 Bread

Something Sweet

- Chocolate Sponge with Chocolate Sauce
- Yoghurt
- Fresh Fruit

Thursday

Choose From

- Traditional Beef Lasagne
- Sweet and Sour Quorn Stir Fry with Noodles
- Halal Beef Lasagne

On the side

- Mixed Vegetables
- Crisp Fresh Seasonal Salad
- Crusty Bread

Something Sweet

- Vegan Raspberry and Coconut Flapjack
- Yoghurt
- Fresh Fruit

Friday

Choose From

- Fish Fingers
- Cheesy Quiche

On the side

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

Something Sweet

- Ice Cream with Fresh Fruit Salad
- Yoghurt
- Fresh Fruit



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£2.25 per day



Week Three

09/05, 06/06, 27/06, 18/07, 19/09, 10/10

Monday

Choose From

- Pork and Beef Meatballs in a Tomato Sauce
- Veggie Balls in a Tomato Sauce
- Halal Beef Meatballs in a Tomato Sauce

On the side

- Broccoli
- Mixed Vegetables
- Wholemeal and White Pasta Twists
- Crusty Bread

Something Sweet

- Apple and Raspberry Sponge and Custard
- Yoghurt
- Fresh Fruit

Tuesday

Choose From

- Chicken Fajita
- Vegan Spinach, Sweet Potato and Lentil Dahl
- Halal Chicken Fajita

On the side

- Peas
- Corn on the Cob
- Wholemeal and White Rice
- Wholemeal or 50/50 Bread

Something Sweet

- Butterscotch Whip
- Yoghurt
- Fresh Fruit

Wednesday

Choose From

- Roast Gammon and Gravy
- Quorn Sausage
- Halal Roast Chicken

On the side

- Seasonal Fresh Greens
- Cauliflower Florets
- Roast or New Potatoes
- Wholemeal or 50/50 Bread

Something Sweet

- Vegan Fruit and Oat Slice
- Yoghurt
- Fresh Fruit

Thursday

Choose From

- Creamy Turkey, Ham and Vegetable Pie
- Pasta Neapolitan
- Halal Turkey and Vegetable Pie

On the side

- Green Beans
- Carrot Batons
- Creamed Potatoes
- Wholemeal or 50/50 Bread

Something Sweet

- Iced Banana Cake
- Yoghurt
- Fresh Fruit



Friday

Choose From

- Fish Fingers
- Vegan Beany Burger

On the side

- Baked Beans
- Sweetcorn
- Chipped or Boiled Potatoes
- Wholemeal or 50/50 Bread

Something Sweet

- Homemade Vegan Shortbread
- Yoghurt
- Fresh Fruit



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