



Air Balloon Hill Primary School

Stratos Galley




Menu for Autumn/Winter

2022-2023

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

Advance Notice of Menu changes:

Thursday 15th December 2022 – Christmas Lunch – look out for posters around the school and information in the newsletter for menu details.

Tuesday 3rd January 2023 – The menu will be Pepperoni or Margarita Pizza.

Thursday 2nd March 2023 – World Book Day Special Menu - look out for posters around the school and information in the newsletter for menu details nearer the time

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

14/11, 05/12, 02/01, 23/01, 20/02, 13/03

Monday

Choose From

- Pepperoni Pizza
- Margarita Pizza

On the side

Sweetcorn
Beans
Crunchy Diced Herby Potatoes
Wholemeal or 50/50 bread

Something Sweet

Vegan Fruity Flapjack
Yoghurt
Fresh Fruit

Tuesday

Choose From

- Roast Chicken with Stuffing and Gravy
- Creamy Quorn and Vegetable Puff Pie
- Halal Roast Chicken with Stuffing and Gravy

On the side

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

Something Sweet

Strawberry Whip
Yoghurt
Fresh Fruit



Wednesday

Choose From

- Traditional Beef Lasagne
- Quorn Mince Lasagne
- Tuna and Pasta Bake

On the side

Broccoli
Seasonal Fresh Salad
Crusty Bread

Something Sweet

Apple and Cinnamon Crumble and Custard
Yoghurt
Fresh Fruit

Thursday

Choose From

- Roast Gammon
- Vegan Beany Sausage Casserole
- Halal Turkey Fillet

On the side

Carrots
Peas
Roast or Creamed Potatoes
Wholemeal or 50/50 bread

Something Sweet

Raspberry and Coconut Slice and Custard
Yoghurt
Fresh Fruit

Friday

Choose From

- Fish Fingers
- Cheese and Onion Pasty

On the side

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

Something Sweet

Vegan Chocolate Cake
Yoghurt
Fresh Fruit

Also Available Daily

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

NB: Tuesday 3rd January will be Pepperoni or Margarita Pizza



Air Balloon Hill Primary School – Stratos Galley

Week Two

21/11, 12/12, 09/01, 30/01, 27/02, 20/03

Monday

Choose From

- Battered Chicken Burger in a Bun
- Quorn Veggie Burger in a Bun
- Halal Beef Burger in a Bun

On the side

Corn on the Cob
Mixed Salad
Crispy Potato Wedges
Wholemeal or 50/50 bread

Something Sweet

Funky Fruity Rock Cakes
Yoghurt
Fresh Fruit

Tuesday

Choose From

- Roast Pork, Apple Sauce and Stuffing
- Lentil and Cranberry Bake
- Halal Roast Chicken

On the side

Peas
Carrots
Roast or New Potatoes
Wholemeal or 50/50 bread

Something Sweet

Fruity Strawberry Jelly
Yoghurt
Fresh Fruit

Wednesday

Choose From

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

On the side

Green Beans
Broccoli
Fluffy Rice
Naan Bread

Something Sweet

Pineapple Upside Down Cake and Custard
Yoghurt
Fresh Fruit

Thursday

Choose From

- Roast Beef, Yorkshire Pudding and Gravy
- Roast Quorn Roll
- Roast Halal Turkey Fillet

On the side

Carrots
Cauliflower
Roast or New Potatoes
Wholemeal or 50/50 Bread

Something Sweet

Chocolate Whip
Yoghurt
Fresh Fruit

Friday

Choose From

- Fish Fingers
- Vegan Quorn Nuggets
- Salmon Fishcakes

On the side

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

Something Sweet

Ice Cream and 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

**NB: Thursday 15th December will be Christmas Lunch
Thursday 2nd March will be a Special World Book Day Menu**



Week Three

28/11, 16/01, 06/02, 06/03, 27/03

Monday

Choose From

- Beef Bolognaise
- Vegan Quorn Mince Bolognaise
- Halal Beef Bolognaise

On the side

Mixed Vegetables
Wholemeal Pasta Twirls
Crusty Bread

Something Sweet

Apple and Berry Crumble and Custard
Yoghurt
Fresh Fruit

Tuesday

Choose From

- Roast Gammon
- Vegan Vegetable Creamy Korma Curry
- Halal Roast Chicken

On the side

Peas
Carrots
Roast Potatoes or Fluffy Rice
Wholemeal or 50/50 bread

Something Sweet

Raspberry Whip
Yoghurt
Fresh Fruit

Wednesday

Choose From

- Pork and Beef Sausage
- Vegan Quorn Sausage
- Halal Chicken Sausage

On the side

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

Something Sweet

Vegan Fruity and Oat Slice
Yoghurt
Fresh Fruit

Thursday

Choose From

- Roast Chicken with Stuffing and Gravy
- Pasta Neapolitan
- Halal Roast Chicken with Stuffing and Gravy

On the side

Broccoli
Baton Carrots
Roast or Creamed Potatoes
Wholemeal or 50/50 bread

Something Sweet

Vegan Banana and Chocolate Bread
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

Vegan Shortbread
Yoghurt
Fresh Fruit

Also Available Daily

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

