Air Balloon Hill Primary School

Stratos Galley

Menu for Spring/Summer 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

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.

Air Balloon Hill Primary School – Stratos Galley

Week One

17/04, 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

We always use Free Range Eggs in our cakes

Monday

Choose From	On the side	Something Sweet
Pork and Beef Hotdog with Ketchup	Sweetcorn	Chocolate Crunch and Chocolate Custard
Vegan Quorn Hotdog and Ketchup	Baked Beans	Yoghurt
Halal Chicken Hotdog and Ketchup	Baked Potato Wedges	Fresh Fruit
	Wholemeal or 50/50 bread	

Tuesday

Choose From	On the side	Something Sweet
Beef Spaghetti Bolognaise	Mixed Vegetables	Raspberry Mousse
Spanish Rice	Crusty Bread	Yoghurt
Halal Beef Bolognaise		Fresh Fruit

Yeo Valley organic

Wednesday

Choose From	On the side	Something Sweet
Roast Gammon and Gravy	Carrots	Apple Sponge and Custard
Roast Quorn Roll	Seasonal Fresh Greens	Yoghurt
Roast Halal Turkey and Gravy	Roast or New Potatoes	Fresh Fruit
	Wholemeal or 50/50 bread	

Thursday

Choose From	On the side	Something Sweet
BBQ Chicken	Peas and Peppers	Iced Banana Cake
Spinach, Sweet Potato and Lentil Dahl	Rainbow 50/50 Rice	Yoghurt
Halal BBQ Chicken	Wholemeal or 50/50 bread	Fresh Fruit

Friday

Choose From	On the side	Something Sweet
Fish Fingers	Baked Beans	Frozen Yoghurt with Fresh Fruit
Cheesy Pasty	Sweetcorn	Yoghurt
	Chipped or Boiled Potatoes	Fresh Fruit
	Wholemeal or 50/50 bread	

CERTIFIED SUSTAINABLE SEAFOOD MSC

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





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Week Two

24/04, 15/05, 12/06, 03/07, 11/09, 02/10

Monday

Choose From	On the side	Something Sweet
Ham and Pineapple Pizza	Baked Beans	Apricot and Sultana Flapjack
Cheesy, Veggie-Topped Pizza	Seasonal Fresh Mixed Salad	Yoghurt
	Baked Potato Wedges	Fresh Fruit
	Wholemeal or 50/50 Bread	

Tuesday

Choose From	On the side	Something Sweet
Caribbean Jerk Chicken	Sweetcorn	Strawberry Mousse
Veggie Mince Mexican Tortilla Bake	Green Beans	Yoghurt
Halal Jerk Chicken	Rice and Peas	Fresh Fruit
	Wholemeal or 50/50 Bread	

Wednesday

Choose From	On the side	Something Sweet
Roast Turkey with Stuffing and Gravy	Carrots	Peach and Raspberry Melba Cake
Macaroni Cheese	Broccoli	Yoghurt
Halal Roast Chicken	Roast or New Potatoes	Fresh Fruit
	Wholemeal or 50/50 Bread	

Thursday

Choose From	On the side	Something Sweet
Beef Meatballs and a Tomato Sauce	Mixed Vegetables	Secret Chocolate Brownie
Cheesy Beany Quesadillas	Wholemeal Pasta Twists	Yoghurt
Halal Beef Meatballs and a Tomato Sauce	Crusty Bread	Fresh Fruit

Friday

Choose From	On the side	Something Sweet
Fish Fingers	Baked Beans	Ice Cream with Fresh Fruit Salad
Vegan Quorn Nuggets	Sweetcorn	Yoghurt
Salmon Fishcakes	Chipped or Boiled Potatoes	Fresh Fruit
	Wholemeal or 50/50 bread	

Also Available Daily

Jacket Potato Daily Offer (including a variety of toppings)

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£2.25 per day





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Week Three

01/05, 22/05, 19/06, 10/07, 18/09, 09/10

Monday

Choose From	On the side	Something Sweet
Meat-Free Monday	Peas and Peppers	Tutti-Fruity Tropical Cake
Penne all'arrabbiata	Mixed Summer Salad	Yoghurt
	Garlic Bread	Fresh Fruit

Tuesday

Choose From	On the side	Something Sweet
Chicken Fajita	Sweetcorn	Vegan Orange and Pineapple Jelly
Sweet and Sour Quorn and Veggie Noodles	Green Beans	Yoghurt
Halal Chicken Fajita	Rainbow Fluffy 50/50 Rice	Fresh Fruit
	Wholemeal or 50/50 Bread	

Wednesday

Choose From	On the side	Something Sweet
Roast Chicken with Stuffing and Gravy	Carrots	Apple and Cinnamon Crumble and Custard
Dig Down Vegan Mince Pie	Seasonal Fresh Greens	Yoghurt
Halal Roast Turkey with Stuffing and Gravy	Cauliflower Florets	Fresh Fruit
	New or Roast Potatoes	
	Wholemeal or 50/50 Bread	

British and Local Free Range Eggs

Thursday

Choose From	On the side	Something Sweet
Pork Sausage Roll	Broccoli	Vegan Shortbread
Loaded Roasted Vegetable Lasagne	Baked Beans	Yoghurt
Halal Chicken Sausage Roll	Creamed Potatoes	Fresh Fruit
	Wholemeal or 50/50 Bread	

Friday

Choose From	On the side	Something Sweet
Fish Fingers	Baked Beans	Fresh Fruit Salad and Ice Cream
Cheese and Vegetable Frittata	Sweetcorn	Yoghurt
	Chipped or Boiled Potatoes	Fresh Fruit
	Wholemeal or 50/50 Bread	

Also Available Daily

Jacket Potato Daily Offer (including a variety of toppings)

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£2.25 per day



