

Air Balloon Hill Primary School




Stratos Galley



Menu for Autumn/Winter 2023-2024

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 meals are £2.40 per day

Advance Notice of Menu changes:

Tuesday 31st October 2023 – Special Halloween Menu

Thursday 14th December 2023 – Christmas Lunch

Thursday 7th March 2024 – World Book Day Special Menu

Look out for posters around the school and information in the newsletter for menu details nearer the time of each special day



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.



Week One

30/10, 20/11, 11/12, 01/01, 22/01, 19/02, 11/03

Monday

Choose From

Meat-Free Monday

- Macaroni Cheese

On the side

Sweetcorn
Beans
Crusty Bread

Something Sweet

Vegan Shortbread
Yoghurt
Fresh Fruit

Tuesday

Choose From

- Pork and Beef Sausage Casserole
- Vegan Pasty
- Halal Chicken Sausage Casserole

On the side

Mixed Vegetables
Creamed Potatoes
Wholemeal or 50/50 bread

Something Sweet

Chocolate Whip
Yoghurt
Fresh Fruit

Yeo Valley
organic

Wednesday

Choose From

- Roast Turkey and Gravy
- Vegan Lentil Loaf with a Cranberry Top
- Roast Halal Turkey and Gravy

On the side

Carrots
Seasonal Fresh Greens
Roast or Creamed Potatoes
Wholemeal or 50/50 bread

Something Sweet

Vegan Sticky Oaty Slice and Custard
Yoghurt
Fresh Fruit

Thursday

Choose From

- Mild and Creamy Chicken Korma
- Vegetable and Bean Burrito
- Mild and Creamy Halal Chicken Curry

On the side

Green Beans
Cauliflower
Fluffy 50/50 Rice
Wholemeal or 50/50 bread

Something Sweet

Lemon Drizzle Cake
Yoghurt
Fresh Fruit

Friday

Choose From

- Fish Fingers
- Vegan Quorn Dippers

On the side

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

Something Sweet

Frozen Toffee Yoghurt and Fresh Fruit
Yoghurt
Fresh Fruit



Also Available Daily

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

Menu changes:

Tuesday 31st October - Special Halloween Menu

Thursday 14th December - Christmas Lunch



Air Balloon Hill Primary School – Stratos Galley

Week Two

06/11, 27/11, 08/01, 29/01, 26/02, 18/03

Monday

Choose From

Meat-Free Monday

- Margarita Pizza

On the side

Sweetcorn
Seasonal Fresh Mixed Salad
Baked Potato Wedges
Wholemeal or 50/50 bread

Something Sweet

Apricot and Sultana
Flapjack
Yoghurt
Fresh Fruit

Tuesday

Choose From

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

On the side

Baked Beans
Broccoli
Creamed potato

Something Sweet

Strawberry Mousse
Yoghurt
Fresh Fruit

Wednesday

Choose From

- Roast Chicken, Stuffing and Gravy
- Creamy Quorn and Vegetable Pie
- Roast Halal Turkey

On the side

Carrots
Fresh Greens
Roast or Creamed Potatoes
Wholemeal or 50/50 bread

Something Sweet

Apple, Plum and Pear
Crumble and Custard
Yoghurt
Fresh Fruit

Thursday

Choose From

- Beef Lasagne
- Creamy Vegetable Korma
- Halal Beef Lasagne

On the side

Mixed Vegetables
Fluffy Rice
Garlic Bread

Something Sweet

Chocolate Swirly Cake
Yoghurt
Fresh Fruit

Friday

Choose From

- Fish Fingers
- Veggie Burger
- 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



Week Three

13/11, 04/12, 15/01, 05/02, 04/03, 25/03

Monday

Choose From

Meat-Free Monday

- Tomato and Basil Pasta

On the side

Peas and Peppers
Mixed Seasonal Salad
Garlic Bread

Something Sweet

Pear and Chocolate Cake
with Chocolate Sauce

Yoghurt
Fresh Fruit

Tuesday

Choose From

- Creamy Chicken and Ham
Puff Pie
- Veggie Sausage and
Butterbean Bake
- Creamy Halal Chicken and
Vegetable Pie

On the side

Cauliflower
Broccoli
Creamed Potato
Wholemeal or 50/50 bread

Something Sweet

Raspberry Mousse
Yoghurt
Fresh Fruit

Wednesday

Choose From

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

On the side

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

Something Sweet

Apple and Cinnamon
Crumble and Custard

Yoghurt
Fresh Fruit

Thursday

Choose From

- Mexican Minced Beef
Tortilla Bake
- Sweet and Sour Quorn and
Veggies
- Mexican Halal Minced Beef
Tortilla Bake

On the side

Green Beans and Peppers
Fluffy Rice
Wholemeal or 50/50 bread

Something Sweet

Vegetarian Fruity
Strawberry Jelly
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

Fresh Fruit Salad and Ice
Cream

Yoghurt
Fresh Fruit

Also Available Daily

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

Menu changes:

Thursday 7th March - Special World Book Day Menu

