



Low Moor CE
Week 3

Week 3 Menu

All main meals are accompanied with: Seasonal vegetables or salad items.
And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

All menu items are subject to availability and may change without notice.

Monday

Lamb & Mint Grill
A rustic lamb and mint patty

✓ **Quorn & Pepper Fajitas**
Quorn & mixed peppers sautéed in Fajita spices, served in a soft tortilla wrap

Marble Sponge
Plain sponge marbled with a chocolate sponge mixture and served with custard

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps

Date & Cocoa Brownie

Tuesday

Beef Lasagne
Layered beef & pasta topped with cheese sauce

✓ **Vegetable Lasagne**
Tender vegetables in a tomato base, layered with pasta and a creamy cheese sauce

Mixed Fruit Crumble
Mixed fruit topped with a crispy crumble & served with custard
Chocolate & Vanilla Mousse
frozen chocolate & vanilla mousse

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps

Wednesday

Roast Dinner
Tender roast meat slices with a rich gravy

✓ **Quorn Sausage**
A protein rich, vegetarian sausage

Orange Drizzle Cake
Orange Sponge drizzled in sauce and served with custard

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps

Decorated Buns
Individually iced sponge bun

Thursday

Sticky Chicken Pizza
Pizza topped with sticky chicken

✓ **Cheese & Tomato Pizza**
Pizza topped with tomato sauce & cheese topping

Frozen Yoghurt
Assorted frozen yoghurt tubs

Jacket Potatoes / Sandwiches & Wraps

Fresh Fruit Salad
Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream

Friday

Tempura Battered Fish
White fish fillet in a crispy tempura batter

✓ **Sweet Potato & Lentil Curry**
A mild sweet potato & lentil curry

Chocolate Apple Sponge
A base of soft tender apples under a light chocolate sponge

Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps

Honey, Banana & Yoghurt

school catering

at

Low Moor CE Primary School



This leaflet contains details of the menu at your school after October Half-Term.

Tasty, nutritious school meals have been provided in the Bradford district for many years. The Universal Infant Free School Meals scheme means these meals are now provided for **FREE** to all primary school children in reception class and Years 1 & 2.

There are no forms to fill in, or other eligibility criteria. So if your child is in one of these year groups, you can simply send them along to school to enjoy a delicious free lunch each day. If you would be eligible for free school meals (see criteria overleaf), it's a good idea to still register as your school will benefit from extra funding.

Please Note: For children in Years 3 - 6, meals will be priced at £1.60*, which is still great value for money.

Menu Cycle

w/c 31-Oct-16	Week 1
w/c 07-Nov-16	Week 2
w/c 14-Nov-16	Week 3
w/c 21-Nov-16	Week 1
w/c 28-Nov-16	Week 2
w/c 05-Dec-16	Week 3
w/c 12-Dec-16	Week 1
w/c 19-Dec-16	Holiday week
w/c 26-Dec-16	Holiday week
w/c 02-Jan-17	Week 1
w/c 09-Jan-17	Week 2
w/c 16-Jan-17	Week 3
w/c 23-Jan-17	Week 1
w/c 30-Jan-17	Week 2
w/c 06-Feb-17	Week 3
w/c 13-Feb-17	Week 1
w/c 20-Feb-17	Holiday week
w/c 27-Feb-17	Week 3
w/c 06-Mar-17	Week 1
w/c 13-Mar-17	Week 2
w/c 20-Mar-17	Week 3
w/c 27-Mar-17	Week 1
w/c 03-Apr-17	Week 2

Dates shown in red are holiday weeks

City of Bradford MDC

www.bradford.gov.uk

The wording in this publication can be made available in other formats such as large print. Please call: 01274 436778.

More information on the meals we provide, along with detailed allergen information is available online at:

www.bradford.gov.uk/schoolmeals



Week 1 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

Low Moor CE
Week 1

All menu items are subject to availability and may change without notice.

Monday

Sausage Goulash

Pork sausages braised with tomato, peppers, paprika, finished with yoghurt

Quorn Frankfurter

Quorn hotdog served in a bun

Pineapple Upside

A sponge topped with pineapple, syrup and served with custard

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Date & Cocoa Brownie



Tuesday

Chicken Chasseur

Chicken cooked in a tomato & mushroom sauce

Vegetarian Cheese Lattice

A thick cheese sauce encased in a puff pastry lattice, baked through the oven

Peach Oaty Crumble

Peaches topped with a sweet oaty crumble, served with creamy custard

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Fruit Jelly

Decorated fruit jelly



Wednesday

Roast Turkey Dinner

Tender roast turkey slices with a rich gravy

Vegetarian Quorn Meatballs with Gravy

Quorn meatballs in gravy

Rice Pudding & Peaches

Rice pudding served with peaches and jam

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Strawberry & Vanilla Mousse

Frozen strawberry & vanilla mousse



Thursday

Ham & Mushroom Pizza

Pizza topped with ham & mushrooms

Vegetarian Cheese & Tomato Pizza

Pizza topped with tomato sauce & cheese topping

Flapjack

A sweet bar made with oats, golden syrup and butter

Jacket Potatoes / Sandwiches & Wraps

Fresh Fruit Salad

Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream



Friday

Gluten Free Fish Fingers

Fish fillet coated in gluten free golden breadcrumbs and baked through in oven

Vegetarian Italian Tomato Pasta

Pasta cooked with a sun-ripened tomato sauce

Chocolate Mandarin Sponge

Rich cocoa based sponge with mandarin served with chocolate sauce

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Banana & Apple Muffin



Week 2 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

Low Moor CE
Week 2

All menu items are subject to availability and may change without notice.

Monday

Braised Sausage

Sausage braised with onions and gravy, slowly cooked in the oven

Vegetarian Quorn Sausage

A protein rich, vegetarian sausage

Lemon & Sultana Sponge

A light sponge with a hint of lemon & sultanas, served with creamy custard

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Decorated Buns

Individually iced sponge bun

Tuesday

Meat & Potato Pie

Braised diced beef and potatoes in gravy with a pastry top

Vegetarian Cheese Whirls

Flaky puff pastry with a potato, cheese and spring onion filling

Apple Cinnamon Crumble

Cooked apple & date topped with a crispy crumble & served with custard

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Fruit Cheese Cake

Biscuit base with a cheesecake filling and finished with fruit

Wednesday

Beef & Potato Moussaka

Layered beef mince & sliced potato topped with cheese sauce

Vegetarian Vegetable Lasagne

Tender vegetables in a tomato base, layered with pasta and a creamy cheese sauce

Jam Sponge

A light sponge topped with jam, served with creamy custard

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Cocoa & Orange Cookie

Thursday

BBQ Chicken Pizza

Pizza topped with BBQ chicken

Vegetarian Cheese & Tomato Pizza

Pizza topped with tomato sauce & cheese topping

Angel Delight

Light and creamy mousse

Jacket Potatoes / Sandwiches & Wraps

Fresh Fruit Salad

Assorted diced fresh & tinned fruit, served with creamy vanilla ice cream

Friday

Battered Salmon Goujons

Salmon fillet goujons in a crispy tempura batter

Vegetarian Quorn Burger

Baked quorn burger served in a bread bun with salad

Chocolate Sponge

Rich cocoa based sponge served with chocolate sauce

Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps

Frozen Smoothie

An individual frozen sorbet, made with fresh fruit puree

- ✓ All meat and poultry used is locally sourced.
- ✓ All fresh vegetables and potatoes are locally sourced
- ✓ All our fish, vegetarian, cheese dishes are suitable for Muslims
- ✓ All our dessert items are suitable for vegetarians and Muslims
- ✓ We do not use preservatives or additives that are unsuitable for children
- ✓ We have a no nut and no genetically modified ingredient policy



Approved by



Children in Years 3 to 6 could also get School Meals for FREE

Your child is entitled to free school meals if you receive any of the following*:

- Income Support
- Universal Credit
- Pension Credit (Guarantee Credit only)
- Income based Jobseekers Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit with an annual income of less than £16,190, if not receiving Working Tax Credit
- Income-related Employment and Support Allowance
- Working Tax Credit run-on

Registering for Free School Meals means your school gets extra money from the government, known as the pupil premium. For more information on free school meals please tel: **01274 432772** or email: **benefits@bradford.gov.uk** Or check/apply online at **www.bradford.gov.uk/benefits**