



### Eastlea school Lunches – winter menus

As explained in a previous newsletter our winter menus are due to start soon. The first week of the new cycle of menus will be **next week** (week beginning 18<sup>th</sup> November 2019). We have spoken to the children and have tried to incorporate some of their choices and suggestions in the menus for the coming weeks. We have also included some 'new choices' such as Fajitas and a mild chilli. Some of the main headlines of what the children asked for are included below:

Requests made	How they have been addressed
Can we keep the roast dinner day, the Friday dinner with chips, the chicken curry and the spaghetti Bolognese?	Yes, all are retained on the weekly menus!
Please can we keep cheesecake and brownies on the menu for puddings?	Yes, cheesecake will be an option one day alongside rice pudding which some children also thought was a good idea. Brownies and flapjacks will also be included, and we will return to the steamed sponge pudding each week on a Friday!
Can we have some other varieties of soup on Thursdays?	Tomato soup is probably the most popular flavour, but some weeks there will be the choice of vegetable or chicken soup instead.
Can we have burgers and chicken nuggets?	No – this is a school dinner not a fast food restaurant!! We will sometimes have these choices but only for a special 'one off' occasion!
On Mondays, can we have some other flavours of milkshake?	Yes, as well as the usual strawberry we will try to have a choice of banana or chocolate flavours on some weeks
Can we have the option of diluted juice with our lunches as well as water?	Yes – orange juice, blackcurrant juice and water will now be available each day.

We realise that we cannot please everyone all of the time so the flexible arrangement of ordering school lunches on a day to day basis will continue, but we hope there are enough popular choices in the new menus to encourage even more children to try the meals for one or more days each week – with some warming choices as the weather turns more wintry!! Alternatives will continue to be available each day either for those with diagnosed allergies, or for those who prefer a sandwich or a baked potato on some days. **Meals will continue to be charged at £2.30 per day for pupils in Year 3/4/5/6 and £2.00 for Nursery.**

Copies of the new menus are included with this letter and will also be available from the school office.

Yours sincerely,

Miss Beeston and Ms Williams (Cook)

# WINTER MENU 2019

## EASTLEA PRIMARY SCHOOL

### WEEK ONE

- Homemade Dish
- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	'Sausage and mash' with gravy 	Spaghetti bolognese 	Roast of the Day with Yorkshire Pudding 	Chicken Curry with Naan bread 	Homemade cheese and tomato pizza 
Potatoes Pasta/Rice	Mashed Potatoes 	Pasta / garlic bread 	Roast potatoes 	Rice	Chips
Vegetables	Sweet corn / peas	Mixed vegetables	Cabbage / Carrots	Sweetcorn	Baked Beans / Garden Peas
Salad Bowl	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Brownie and milkshake 	Apple crumble and custard 	Cornflake cake 	Homemade Soup with a Bread Roll  OR Cheese and crackers	Steamed pudding of the week and custard 



Fresh Fruit, Yoghurt and Bread available daily  
Drinking water is available daily on the dining room tables



# WINTER MENU 2019

## EASTLEA PRIMARY SCHOOL

### WEEK TWO

- Homemade Dish
- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken pie 	Minced beef fajitas 	Roast of the Day with Yorkshire Pudding 	Mild chilli 	Fish fingers 
Potatoes Pasta / Rice	Mashed potatoes	Pasta 	Roast Potatoes 	Rice 	Chips
Vegetables	Mixed vegetables	Sweetcorn	Cabbage / Carrots	Carrots	Baked Beans / Garden Peas
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Flapjack and milkshake 	Rice pudding and jam or cheesecake 	Home made biscuit 	Homemade Soup with a Bread Roll  OR Fruit salad	Steamed pudding of the week and custard 



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# WINTER MENU 2019

## EASTLEA PRIMARY SCHOOL

### WEEK THREE

Homemade Dish	Lupin	Sesame Seeds
Celery	Milk	Soya
Cereals Containing Gluten	Molluscs	Sulphur Dioxide
Crustaceans	Mustard	
Eggs	Nuts	
Fish	Peanuts	

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Minced beef pie 	Cheese and ham melt 	Roast of the Day with Yorkshire Pudding 	Chicken wrap 	Oven baked sausages 
Potatoes Pasta / Rice	Mashed Potatoes	Pasta 	Mashed Potatoes 	Rice and sweet chilli sauce	Chips
Vegetables	Carrots	Garden Peas	Cabbage / Carrots	Sweetcorn	Baked Beans / Garden Peas
Salad Bar	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Muffins and milkshake 	Cake and custard 	Angel delight 	Homemade Soup with a Bread Roll  OR jelly	Steamed pudding of the week and custard 



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Drinking water is available daily on the dining room tables

