

## ABOUT YOUR CHILD'S SCHOOL MEAL

At Manchester Primary we appreciate the importance of the lunchtime meal so we carefully plan our menus to provide the right balance of nutrients. While still offering a choice of appetising dishes, all foods are freshly prepared in our kitchens by trained staff using good quality ingredients. Our school meals provide excellent value for money, with a two-course meal costing around £2.20\* which also includes unlimited access to the salad bar. We are also able to cater for pupils with medical diets such as coeliac and lactose intolerance; our Nutritionist will work with the school catering team to ensure that a suitable menu choice is available each day. If your child has a food allergy or intolerance, please contact the school catering team.

\*Please confirm the exact price of a school meal with your child's school. To view our medical diet policy, please visit our website [www.manchester.gov.uk](http://www.manchester.gov.uk). This is a one-week sample of our four-week menu. The Cook's Choice option and two of the other three food stations will be available at your child's school each week. If you would like a copy of the specific menu for your child's school, please contact them directly.

The following range of fillings are offered on a selection of breads and wraps daily, with a salad accompaniment:

<b>Monday</b>	Cheese and Bean Pitta, Tuna Mayo, Cheddar Cheese or Egg Mayo
<b>Tuesday</b>	Sliced Ham, Tuna Mayo, Cheddar Cheese or Egg Mayo
<b>Wednesday</b>	Sliced Turkey, Tuna Mayo, Cheddar Cheese or Egg Mayo
<b>Thursday</b>	Salmon and Tuna Mayo, Tuna Mayo, Cheddar Cheese or Egg Mayo
<b>Friday</b>	Sliced Beef, Tuna Mayo, Cheddar Cheese or Egg Mayo

### Monday to Friday

Baked Potato with a choice of Baked Beans, Tuna Mayo, Homemade Coleslaw or Cheddar Cheese. Look out for other specials such as Quorn and Vegetable Korma

### daily items

Salad bar featuring seasonal salads and fruits, and a homemade bread section. Milk and water also available daily.

## cook's choice

<b>Monday</b>	Homemade Margherita Pizza, Baked Jacket Potatoes, with Coleslaw or Baked Beans
<b>Tuesday</b>	Roast Beef and Gravy, Yorkshire Pudding, Creamed Potatoes, with Cauliflower and Broccoli
<b>Wednesday</b>	Chicken Korma and Brown Rice with Mixed Vegetables
<b>Thursday</b>	Homemade Meatballs in Tomato Sauce, Pasta Spirals, Garden Peas and Sweetcorn
<b>Friday</b>	Harry Ramsden Battered Fish Fillet, Chips, Green Beans and Carrots

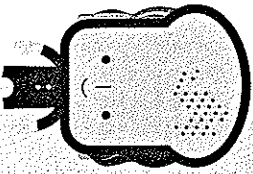
## Vegetarian

<b>Monday</b>	Homemade Margherita Pizza
<b>Tuesday</b>	Quorn Slices and Gravy
<b>Wednesday</b>	Quorn and Vegetable Korma
<b>Thursday</b>	Veggieballs in Tomato Sauce
<b>Friday</b>	Tomato, Pepper and Mozzarella Sausage

**Served with accompaniments from the Cook's Choice menu**

<b>Monday</b>	Homemade Margherita Pizza
<b>Tuesday</b>	Halal Chicken Fillet and Gravy
<b>Wednesday</b>	Halal Chicken Korma
<b>Thursday</b>	Halal Meatballs in Tomato Sauce
<b>Friday</b>	Harry Ramsden Battered Fish Fillet

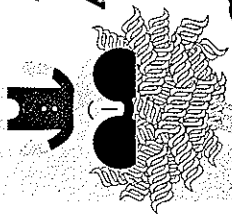
## Sandwich Station



<b>Monday</b>	Pasta Spirals with Tomato and Basil Sauce with Sliced Bloomer Bread
<b>Tuesday</b>	Pasta Tubes with Neapolitan Sauce and Dough Balls
<b>Wednesday</b>	Pasta Shells with Tomato and Mascarpone Sauce and Wholemeal Crusty Bread

## Pasta Pointe

<b>Thursday</b>	Pizza Wrap with Coleslaw
<b>Friday</b>	Macaroni with Cheese Sauce or Bolognese Sauce and Tomato Flavoured Bread

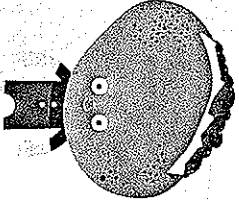


<b>Monday</b>	Melon and Kiwi Cup or Fruity Cookie
<b>Tuesday</b>	Frozen Strawberry Yoghurt Sundae or Cherry Shortbread
<b>Wednesday</b>	Summer Sponge Pudding with Custard

## SECOND COURSE

<b>Thursday</b>	Jelly and Fruit
<b>Friday</b>	Chocolate and Mandarin Cake Bar

**Fresh fruit and yoghurt available every day**



### daily items

Salad bar featuring seasonal salads and fruits, and a homemade bread section. Milk and water also available daily.

