



# 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

**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**

## Tuesday

**Beef Lasagne**  
Layered beef & pasta topped with cheese sauce

✓ **Vegetable Ravioli**  
Pasta pillows filled with a vegetable puree and cooked in a rich tomato sauce

**Mixed Fruit Crumble**  
Mixed fruit topped with a crispy crumble & served with custard

Halal **Halal Keema Roll**  
Halal meat cooked with onions, spices & peas and baked in pastry

**Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps**

**Chocolate & Vanilla Mousse**  
frozen chocolate & vanilla mousse

## 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

Halal **Halal Chicken Garbanzo**  
Diced halal chicken cooked with chickpea in a curry sauce

**Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps**

**Plum Yoghurt Cake**  
A sponge cake made using fresh natural yoghurt & plums

## Thursday

**Sticky Chicken Pizza**  
Pizza topped with sticky chicken

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

**Mandarin Sponge**  
Rich sponge with mandarins, served with custard

Halal **Tuna & Sweetcorn Pizza**  
Pizza topped with tuna and sweetcorn

**Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps**

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

## Friday

**Lamb & Mint Grill**  
A rustic lamb and mint patty

✓ **Quorn Burger**  
Baked quorn burger served in a bread bun with salad

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

Halal **Halal Chicken Sheesh Kebab**  
Halal Chicken kebab mixed with authentic spices

**Jacket Potatoes / Non-Meat Panini / Sandwiches & Wraps**

**Date & Cocoa Brownie**

# school catering

at

Low Ash 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](http://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](http://www.bradford.gov.uk/schoolmeals)

\*Subject to change in January 2017



Low Ash  
Week 1

# 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.

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## Monday

### Gluten Free Fish Fingers

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

✓ **Vegetable Soya Bolognaise**  
Vegetables & Soya in a rich tomato and herb sauce served with pasta

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Chocolate Mandarin Sponge**  
Rich cocoa based sponge with mandarin served with chocolate sauce

**Banana & Apple Muffin**

## Tuesday

### Chicken Chasseur

Chicken cooked in a tomato & mushroom sauce

☞ **Halal Chicken & Squash**

Diced halal chicken cooked with butternut squash in a curry sauce

✓ **Cheese Lattice**  
A thick cheese sauce encased in a puff pastry lattice, baked through the oven

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Peach Oaty Crumble**  
Peaches topped with a sweet oaty crumble, served with creamy custard

**Fruit Jelly**  
Decorated fruit jelly

## Wednesday

### Roast Turkey Dinner

Tender roast turkey slices with a rich gravy

☞ **Halal Lasagne**

Minced halal meat layered with pasta and a creamy cheese sauce

✓ **Veggie Soya Shepherds Pie**  
Soya mince in a rich vegetarian gravy topped with mash

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Rice Pudding & Peaches**  
Rice pudding served with peaches and jam

**Strawberry & Vanilla Mousse**  
Frozen strawberry & vanilla mousse

## Thursday

### Ham & Mushroom Pizza

Pizza topped with ham & mushrooms

☞ **Halal BBQ Chicken Pizza**

Pizza topped with Halal BBQ chicken

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

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Pear Vanilla Sponge**  
Vanilla sponge mixed with pears, and served with creamy custard

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

## Friday

### Chilli Chicken Pasta

Chicken in a mild spicy tomato sauce served over pasta

☞ **Halal Keema Burger**

Halal minced mutton burger in traditional spices served in a bread bun

✓ **Quorn Frankfurter**  
Quorn hotdog served in a bun

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Orange & Lemon Sponge**  
Lemon curd and mandarin sponge served with creamy custard

**Flapjack**  
A sweet bar made with oats, golden syrup and butter



Low Ash  
Week 2

# 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.

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

## Monday

### Battered Salmon Goujons

Salmon fillet goujons in a crispy tempura batter

✓ **Quorn Burger**  
Baked quorn burger served in a bread bun with salad

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Chocolate Sponge**  
Rich cocoa based sponge served with chocolate sauce

**Plum Yoghurt Cake**  
A sponge cake made using fresh natural yoghurt & plums

## Tuesday

### Meat & Potato Pie

Braised diced beef and potatoes in gravy with a pastry top

☞ **Halal Pasta Bolognaise**

Minced Halal meat in a rich tomato and herb sauce served with pasta

✓ **Cheese Whirls**  
Flaky puff pastry with a potato, cheese and spring onion filling

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Apple Cinnamon Crumble**  
Cooked apple & date topped with a crispy crumble & served with custard

**Fruit Cheese Cake**  
Biscuit base with a cheesecake filling and finished with fruit

## Wednesday

### Spaghetti Bolognaise

Minced beef in an Italian sauce with spaghetti

☞ **Halal Chicken Dansak**

Diced halal chicken cooked with pineapple in a curry sauce

✓ **Vegetable Soya Bolognaise**  
Vegetables & Soya in a rich tomato and herb sauce served with pasta

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Jam Sponge**  
A light sponge topped with jam, served with creamy custard

**Cocoa & Orange Cookie**

## Thursday

### BBQ Chicken Pizza

Pizza topped with BBQ chicken

☞ **Halal Chicken Tikka Pizza**

Pizza topped with Halal chicken tikka

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

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Eve's Pudding**  
A base of soft tender apples under a light sponge served with custard

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

## Friday

### Braised Sausage

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

☞ **Halal Chicken Kofta**

Spicy halal chicken koftas served in a spicy curry sauce

✓ **Vegetable Soya Lasagne**  
Soya mince in a tomato sauce, layered with pasta and a creamy cheese sauce

**Jacket Potatoes / Non - Meat Panini / Sandwiches & Wraps**

**Lemon & Sultana Sponge**  
A light sponge with a hint of lemon & sultanas, served with creamy custard

**Decorated Buns**  
Individually iced sponge bun

- ✓ 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  
**COUNCIL FOR MOSQUES**

## 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**

Information correct at time of going to print.