



THE PREMIER ACADEMY'S AUTUMN/WINTER LUNCH MENU

Cooked fresh on site for your delight!



Child's Name: _____

Class: _____

| WEEK ONE (please select either a meat, vegetarian or jacket potato option) | | | | | |
|--|-------------------------------------|-----------|---|-----------|---|
| | Meat/Fish/Halal Option | Tick ✓ | Vegetarian Option | Tick ✓ | Jacket Potato with a Choice of Filling |
| Monday | Fish fingers and Herbie Potatoes | | Meat Free Sausage, Herbie Potatoes and Vegetables | | If you don't fancy either of the two choices to the left then why not opt for a Jacket Potato with a choice of fillings. Our autumn/winter filling choices are Cheese, Beans Tuna Mayo and Coleslaw. |
| Tuesday | Pasta Bolognaise | | Beans on Toast and Cheese | | |
| Wednesday | Chicken Wraps and Wedges | | Meat Free Burger and Wedges | | |
| Thursday | Lasagne and Vegetables | | Vegetable Curry, Rice and Poppadoms | | |
| Friday | Hot Dog and Chips | | Meat Free Hot Dog and Chips | | |
| WEEK TWO (please select either a meat, vegetarian or jacket potato option) | | | | | |
| | Meat/Fish/Halal Option | Tick ✓ | Vegetarian Option | Tick ✓ | Jacket Potato with a Choice of Filling |
| Monday | Meatballs & Pasta | | Spaghetti Hoops on Toast | | If you don't fancy either of the two choices to the left then why not opt for a Jacket Potato with a choice of fillings. Our autumn/winter filling choices are Cheese, Beans Tuna Mayo and Coleslaw. |
| Tuesday | Shepherd's Pie and Vegetables | | Macaroni Cheese | | |
| Wednesday | Sausages, Herbie Potatoes and Beans | | Savoury Rice and Vegetable Cake | | |
| Thursday | Chicken Curry, Rice and Poppadoms | | Pasta in Tomato & Basil Sauce | | |
| Friday | Hot Dog and Chips | | Meat Free Hot Dog and Chips | | |
| A salad bar and a bread basket is available each day. Puddings currently include: Jelly and Vegetarian Jelly, Biscuits, Custard Tarts, Fresh Fruit, Ice-Cream, Fruit Salad and Apple Crumble. Sometimes served with Custard. | | | | | |

My child is allergic to / cannot have:

My child's dietary requirements are: No Special Requirements / Vegetarian / Vegan / Halal / Other (Please specify):.....

My child requires the **Halal** meat option: Yes No Please tick as appropriate ✓

My child is entitled to free school meals: Yes No

School meals **must be paid for in advance** by 4.00pm the Tuesday of the previous week via ParentMail or the Atrium.

I understand that this menu runs from **28 AUGUST 2018** until **21 DECEMBER 2018** and that changes to the menu choices **will NOT** be possible during this period.