



Take a Fresh Look School Meals Pre Order Service – Week Commencing

Week 1: Please tick (✓) the main meal required for your child and return this slip to school on Friday.

Name _____ Class _____

Monday		Tuesday		Wednesday		Thursday		Friday	
Creamy Pasta with Chicken & Sweetcorn		Cornish Pasty Slice		Bernard Matthews Turkey Meatballs with Tomato Sauce		Roast Gammon Ham with Parsley Sauce		Oven Baked Fish	
Cheese & Sweetcorn Fat Jackets ✓		Vegetable Curry ✓		Beef Grill		Cheese & Potato Pie ✓		Pizza Pinwheel ✓	
New York Bagel Pizza		Cheese or Ham Golden Toastie or Sandwich		Pink Salmon Pasta Mayonnaise		-		Ploughman's Lunch	
Tuna Salad or Ham & Tomato Sandwich		Cheese or Turkey Sandwich		Tuna & Cucumber or Egg & Cress Sandwich		Turkey & salad or Cheese & Salad Sandwich/Bap		Egg Mayo or Cheese & Celery Wholemeal Bap	



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Week 2: Please tick (✓) the main meal required for your child and return this slip to school on Friday.

Name _____ Class _____

Monday		Tuesday		Wednesday		Thursday		Friday	
Sticky Bar BQ Sausages		Deli Chicken Wrap		Sweet Chilli Chicken		Roast Lamb with Gravy		Birds Eye Fish Fingers with Tomato Ketchup	
Quorn Sausages		Cheesy Pasta Shells ✓		Neapolitan Pizza ✓		Cheese & Sweetcorn Fat Jackets ✓		Tasty Bean Bake	
Jacket Potato with Beans & Cheese		Eg ✓ g Mayo & Cress Bap		Tuna & Sweetcorn Sandwich		-		Cheese or Tuna Salad Wrap	
Cheese & Tomato or Egg & Cress Sandwich		Salmon or Tuna Mayo Sandwich		Cheese, Carrot & Cress Sandwich/Bap		BLT or Egg Mayo Bap		Cheese & Onion or Ham & Salad Sandwich/Bap	



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Week 3: Please tick (✓) the main meal required for your child and return this slip to school on Friday.

Name _____ Class _____

Monday		Tuesday		Wednesday		Thursday		Friday	
Turkey Burger in a Bun		Baked Beef Chilli Wraps		Chicken Paella		Roast Chicken with Sage & Onion Stuffing & Gravy		Fish in a Cheese Sauce	
Quorn Burger in a Bun ✓		Cheese & Tomato Pizza Slice ✓		Oven Baked Fish in a Light Crumb		Cheese & Sweetcorn Flan ✓		Spanish Omelette Wedge	
Creamy Vegetable Pasta		Ham & Tomato Golden Toastie		Cheese & Coleslaw topped Jacket Potato ✓		-		Cheese & onion Golden Toastie or Sandwich	
Tuna Mayo or Salmon Salad Sandwich		Turkey Salad or Cheese & Tomato Sandwich/Bap		BLT or Egg & Cress Sandwich		Cheese, Carrot & Cress or Tuna & Cucumber Sandwich		Ham & Tomato or Cheese & Tomato Sandwich	



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Week 4: Please tick (✓) the main meal required for your child and return this slip to school on Friday .

Name _____ Class _____

Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Curry		Chicken & Sweetcorn Pie		Beef Lasagne		Roast Turkey served with Stuffing and Gravy		Sausage in a Bun with Tomato Sauce	
Bean and Mushroom Chilli ✓		Vegetable Lasagne		Curried Rice Pasty ✓		Chunky Vegetable & Tomato Pasta		Crunchy Fish Cake	
Ploughman's Lunch		Cheese & Apple Bap ✓		Tuna Pasta Mayonnaise ✓		-		Ham or Cheese Golden Toastie	
Cheese, Carrot & cress or Tuna & Cucumber Sandwich		Ham & Tomato or Cheese & Tomato Sandwich		Turkey or Egg & Cress Bap		Egg Mayo or Cheese & Celery Wholemeal Bap		Ham or Cheese Salad Sandwich	