

Sandal Primary School and Nursery

Menu - Week 3

Week Commencing:
12th Nov, 3rd Dec,
14th Jan, 4th Feb,
25th Feb, 18th Mar,
8th Apr

Mon

Choose from...

- Bacon Medallion Loin
- Halal Beef Burger
- Quorn & Vegetable Shepherd's Pie

Cheese Panini / Filled Jackets

Desserts...

Orange & Lemon Sponge
Fruit Cheesecake



Tues

Choose from...

- A.L. Mild Turkey Keema Curry
- Halal Chicken Bhuna
- Italian Tomato Pasta

Chicken Panini / Filled Jackets

Desserts...

Pear & Vanilla Sponge
Oat Cookie

Did you know?...

Bananas give you lots of energy to keep you going through the day in all you work and play.

Wed

Choose from...

- Home Roasted Turkey Breast
- Halal Roast Chicken Breast
- Quorn Burger

Sandwiches / Wraps / Filled Jackets

Desserts...

Orange Drizzle Cake
Fruit Jelly



Thurs

Choose from...

- BBQ Chicken Pizza
- Cheese & Tomato Pizza

Filled Jackets

Desserts...

Chocolate & Mandarin Sponge
Fresh Fruit Salad



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

Fri

Choose from...

- Tempura Battered Fish
- Quorn & Vegetable Bolognaise

Cheese Panini / Filled Jackets

Desserts...

Marlborough Tart
Cream Cheese, Crackers & Fruit



School Catering

at Sandal Primary School and Nursery

This leaflet contains details of the menu at Sandal after the 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 provided **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 £1.70, which is still great value for money.



We're now displaying **"Food for Life Served Here"** along with our menu information.

"Food for Life Served Here" demonstrates that the school food we provide in school is ethical, sustainable and fresh, free from nasty additives and trans fats and meets school food standards. The award guarantees that food meets high standards of provenance and traceability.



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

The wording in this publication can be made available in other formats such as large print.
Please call: 01274 431404.



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

More information on the meals we provide, along with detailed allergen information is available online at

www.bradford.gov.uk/schoolmeals

Sandal Primary School and Nursery

Menu - Week 1

Week Commencing:
29th Oct, 19th Nov, 10th Dec, 31st Dec*, 21st Jan, 11th Feb, 4th Mar, 25th Mar, 15th Apr (Where Applicable)
**Holiday week for some schools*

Mon
Choose from...
Pasta Carbonara
☑ Halal Sheesh Kebab
☑ Quorn & Vegetable Enchilladas

Cheese Panini / Filled Jackets

Desserts...
Pear & Vanilla Sponge
Frozen Yoghurt



Did you know?...
One orange provides a range of vitamins and minerals; a staggering 130 percent of your vitamin C needs for the day!

Tues
Choose from...
Beef Lasagne
☑ Halal Spicy Chicken Rolls
☑ Vegetable Lasagne

Sandwiches / Wraps / Filled Jackets

Desserts...
Peach & Pineapple Crumble
Strawberry & Vanilla Mousse

Wed
Choose from...
☑ Home Roasted Gammon Joint
☑ Halal South African Chicken Curry
☑ Quorn, Spinach & Potato Curry

Filled Jackets / Tuna Melt Panini

Desserts...
Bakewell Tart
Angel Delight



Thurs
Choose from...
Ham Pizza
☑ Cheese & Tomato Pizza

Filled Jackets

Desserts...
Mandarin Sponge
Fresh Fruit Salad



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

Fri
Choose from...
MSC Young's Seafood Fish Fingers
☑ Quorn & Pepper Fajitas

Sandwiches / Wraps / Filled Jackets

Desserts...
Chocolate Sponge
Flapjack



Sandal Primary School and Nursery

Menu - Week 2

Week Commencing:
5th Nov, 26th Nov, 17th Dec*, 7th Jan, 28th Jan, 18th Feb*, 11th Mar, 1st Apr
**Holiday week for some schools*

Mon
Choose from...
☑ Buttermilk Southern Style Chicken Breast
☑ Halal Mexican Chicken Meatball
☑ Quorn Meatballs in Tomato Sauce

Filled Jackets

Desserts...
Marble Sponge
Cocon Buns



Did you know?...
Apples are very nutritious. This means they are good for you. Apples are filled with potassium, vitamin C, carbohydrates, fiber and antioxidants.

Tues
Choose from...
BBQ Chicken & Rice
☑ Halal Keema & Peas
☑ Cheese & Potato Flan

Cheese Panini / Filled Jackets

Desserts...
Peach Oaty Crumble
Frozen Smoothie

Wed
Choose from...
☑ Home Roasted Pork Joint
☑ Halal BBQ Chicken Burrito
☑ Quorn Sausage

Ham & Cheese Panini / Filled Jackets

Desserts...
Rice Pudding, Peaches & Jam
Chocolate & Vanilla Mousse



Thurs
Choose from...
☑ Cheese & Tomato Pizza

Filled Jackets

Desserts...
Jam Sponge
Fresh Fruit Salad



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

Fri
Choose from...
Harry Ramsden's Fish Fillet
☑ Quorn & Vegetable Lasagne

Sandwiches / Wraps / Filled Jackets

Desserts...
Chocolate & Pear Sponge
Cocoa & Orange Cookie



- ✓ All main meals are accompanied with potatoes, fresh bread, seasonal vegetables, and either salad or rice.
- ✓ We only use free range eggs and chicken, outdoor reared pork, and organic milk, flour and pasta.
- ✓ All meat and poultry used is fresh, and are sourced (as a welfare minimum) in line with standards set by the Freedom Food scheme.
- ✓ The fish we use is certified by the Marine Stewardship Council.
- ✓ All fresh vegetables and potatoes are locally sourced.
- ✓ All our fish, vegetarian and cheese dishes are suitable for Muslims. All desserts are suitable for vegetarians.
- ✓ We do not use any preservatives or additives that are unsuitable for children.
- ✓ We have a no nut and no genetically modified ingredient policy.
- ✓ The school meals provider at Sandal have been awarded the bronze standard.



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^V:

- 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