

Week  
3

Available daily: fresh bread, freshly prepared salad bar and drinking water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Tikka Masala</b> <i>served with</i> Wholegrain Rice	<b>Quorn Dippers &amp; Ketchup</b> <i>served with</i> Crispy Sliced Potatoes & Garden Peas	<b>Roast of the Day</b> <i>served with</i> Oven Roast & Creamed Potatoes & Seasonal Vegetables	<b>Chicken Burger</b> <i>or</i> <b>Veggie Burger in a Bun</b> <i>served with</i> Chunky Chips & Baked Beans	<b>Homemade Loaded Vegetable Pizza</b> <i>served with</i> Herby Diced Potatoes & Seasonal Salad
<b>Vegetable Fajitas</b> <i>served with</i> Jacket Wedges & Sweetcorn	<b>Vegetarian Sausage &amp; Gravy</b> <i>served with</i> Crispy Sliced Potatoes & Garden Peas	<b>Quorn Balls in Arrabbiata Sauce</b> <i>served with</i> Pasta	<b>Cheese &amp; Onion Rolls</b> <i>served with</i> Chunky Chips & Baked Beans	<b>Creamy Salmon Pasta Bake</b> <i>served with</i> Tomato & Basil Bread & Seasonal Salad
<b>Pizza Panini</b> <i>or</i> <b>Cheese &amp; Ham Panini</b> <i>served with</i> Seasonal Salad	<b>Jacket Potato</b> <i>served with</i> Cheese <i>or</i> Baked Beans	<b>Cheese &amp; Tomato Panini</b> <i>or</i> <b>Tuna Melt Panini</b> <i>served with</i> Seasonal Salad	<b>Jacket Potato</b> <i>served with</i> Vegetarian Bolognaise <i>or</i> Crunchy Coleslaw	<b>Cheese &amp; Garlic Panini</b> <i>or</i> <b>Ham &amp; Tomato Panini</b> <i>served with</i> Seasonal Salad
<b>Jam Shortcake</b> <i>served with</i> Creamy Custard <b>Fresh Fruit Juice</b> <i>served with</i> Flapjack <b>Fresh Fruit Salad</b>	<b>Eve's Pudding</b> <i>served with</i> Creamy Custard <b>Cupcakes</b> <b>Chunky Fruit Pots</b>	<b>A Selection of Reduced Sugar Desserts</b>	<b>Creamy Rice Pudding</b> <i>served with</i> Fresh Fruit <b>Jelly &amp; Cream</b> <b>Fresh Fruit Kebabs</b>	<b>A Selection of Home Baking</b> <b>Fruit Yoghurts</b> <b>Fresh Fruit Salad</b>

Planned theme days take place throughout the year.



Your children at the heart of all we do

# Kirklees School Meals Service

## Upperthong J & I School

September 2022–July 2023

We serve a tasty  
2 course meal,  
freshly prepared  
on site for

**£2.40**



**munchin**

**Kirklees**  
COUNCIL

We cater for special diets.

Week 1

Available daily: fresh bread, freshly prepared salad bar and drinking water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Quorn Dippers &amp; Tomato Ketchup</b> <i>served with</i> Jacket Wedges & Garden Peas	<b>Homemade Sausage Roll</b> <i>served with</i> Herby Diced Potatoes & Baked Beans	<b>Roast of the Day</b> <i>served with</i> Traditional Accompaniments Oven Roast & Creamed Potatoes & Seasonal Vegetables	<b>Minced Beef Pie &amp; Gravy</b> <i>served with</i> Crispy Sliced Potatoes & Carrot Batons	<b>Harry Ramsden's Battered Fish</b> <i>served with</i> Oven Baked Chips & Mushy Peas
<b>Vegetarian Lasagne</b> <i>served with</i> Jacket Wedges & Seasonal Salad	<b>Quorn Sausage Roll</b> <i>served with</i> Herby Diced Potatoes & Baked Beans	<b>Penne Pasta</b> <i>served with</i> Tomato & Basil Sauce & Garlic Bread	<b>Homemade Loaded Vegetable Pizza</b> <i>served with</i> Crispy Sliced Potatoes & Crunchy Coleslaw	<b>Quorn Balti</b> <i>served with</i> Wholegrain Rice
<b>Pizza Panini</b> <i>or</i> <b>Cheese &amp; Garlic Panini</b> <i>served with</i> Seasonal Salad	<b>Jacket Potato</b> <i>served with</i> Cheese <i>or</i> Tuna Mayo	<b>Ham Panini</b> <i>or</i> <b>Cheese &amp; Tomato Panini</b> <i>served with</i> Seasonal Salad	<b>Jacket Potato</b> <i>served with</i> Cheese <i>or</i> Coleslaw	<b>Pasta Twists</b> <i>served with</i> Italian Tomato Sauce & Garlic Bread
<b>Steamed Sponge of The Day</b> <i>served with</i> Creamy Custard	<b>Fresh Fruit Juice</b> <i>served with</i> Homemade Biscuit	<b>A Selection of Reduced Sugar Desserts</b>	<b>Apple Crumble</b> <i>served with</i> Creamy Custard	<b>Orange Victoria Sponge</b> <i>served with</i> Chocolate Sauce
<b>Ice Cream</b>	<b>Fruit Yoghurts</b>		<b>Chocolate Slab Cake</b>	<b>A Selection of Home Baking</b>
<b>Chunky Fruit Pots</b>	<b>Fresh Fruit Salad</b>		<b>Chunky Fruit Pots</b>	<b>Fresh Fruit Kebabs</b>

We use local and seasonal produce, all eggs are free range, meat is farm assured.

We offer healthy choices like our Sugar Smart initiatives serving reduced sugar desserts.

Week 2

Available daily: fresh bread, freshly prepared salad bar and drinking water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cottage Pie</b> <i>served with</i> Seasonal Vegetables	<b>Quorn Korma</b> <i>served with</i> Wholegrain Rice	<b>Oven Baked Sausage</b> <i>or</i> <b>Vegetarian Sausage &amp; Gravy</b> <i>served with</i> Creamed Potatoes & Broccoli	<b>Southern Style Chicken</b> <i>served with</i> Jacket Wedges & Crunchy Red Cabbage Coleslaw	<b>Golden Crumbed Fish Fingers</b> <i>served with</i> Oven Baked Chips & Garden Peas
<b>Cheese Pinwheel</b> <i>served with</i> Herby Diced Potatoes & Baked Beans	<b>Stuffed Calzone Pizza</b> <i>served with</i> Crispy Sliced Potatoes & Mixed Salad	<b>Salmon Fillet</b> <i>served with</i> Parsley Potatoes & Broccoli	<b>Quorn Tikka Wrap</b> <i>served with</i> Jacket Wedges & Crunchy Red Cabbage Coleslaw	<b>Mac 'n' Cheese</b> <i>served with</i> Tomato & Basil Bread
<b>Ham &amp; Tomato Panini</b> <i>or</i> <b>Cheese Panini</b> <i>served with</i> Seasonal Salad	<b>Jacket Potato</b> <i>served with</i> Vegetarian Chilli <i>or</i> Cheese	<b>Cheese &amp; Garlic Panini</b> <i>or</i> <b>Tuna Melt Panini</b> <i>served with</i> Seasonal Salad	<b>Penne Pasta</b> <i>served with</i> Arrabbiata Sauce & Garlic Bread	<b>Jacket Potato</b> <i>served with</i> Baked Beans <i>or</i> Crunchy Coleslaw
<b>Chocolate Fudge Pudding</b> <i>served with</i> Creamy Custard	<b>Lemon Drizzle Cake</b>	<b>Apple Pie</b> <i>served with</i> Creamy Custard	<b>Sponge of the Day</b> <i>served with</i> Creamy Custard	<b>A Selection of Home Baking</b>
<b>Fruit Yoghurts</b>	<b>Fruit in Jelly</b>	<b>A Selection of Reduced Sugar Desserts</b>	<b>Fresh Fruit Juice</b> <i>served with</i> Homemade Biscuit	<b>Chunky Fruit Pots</b>
<b>Chunky Fruit Pots</b>	<b>Fresh Fruit Salad</b>		<b>Fresh Fruit Kebabs</b>	

All fish is from sustainable stocks. At least 75% of dishes are freshly prepared.