



Weyco Kitchen Hot School Meals

Summer Term 2019 School Lunch Menu

Remember – orders to Weymouth College are placed on Tuesday morning for the following week so any changes made after this time for that week will not be sent.

FREE School Lunches

If your child is in Reception, Year 1 and Year 2 school lunches are **FREE**.

If your child is in Year 3 - 6 they may be entitled to free school lunches if you are in receipt of certain benefits.

Please contact Dorset Direct on 01305 221000 for more information or go online to <https://www.dorsetforyou.com/free-school-meals>

1. Please note that we use low fat, low/reduced sugar, low salt ingredients where possible in items such as custard, mayonnaise & baked beans etc.
2. We use local butchers, bakers, fruit, vegetable & dairy suppliers within the Dorset area.
3. Many items on the menu include high quantities of items such as chick peas, lentils and fresh vegetables that are not visible on the menu.
4. Whilst we try our hardest to be as accurate with allergens information as possible we cannot guarantee to be 100% accurate.
5. If your child has any allergies or dietary requirements please contact the school office.
6. The menu is school food plan compliant

School Holiday Activities @ Weymouth College
Sports Centre Just £12 Per Day If Booked In Advance

☎ 01305 208713

Fruity Friends

Lunch Box Menu

ALPHIE LUNCH

Ham in White
Sliced Bread

Apple

Vegetable Bag

Batman Biscuit

Muller Corner

Water

BERTIE LUNCH

Tuna Mayonnaise in a
Wholemeal Roll

Banana

Vegetable Bag

Mini Gingerbread Man

Cheese & Biscuit Snack

Orange Juice

CHARLIE LUNCH

Grated Cheese in Brown
Sliced Bread

Pear

Vegetable Bag

Oatmeal & Raisin Cookie

Strawberry Yoghurt

Water

DANNIE LUNCH

Pitta Bread Slices
with Houmous Dip

Fruit Bag

Vegetable Bag

Cheese & Biscuit Snack

Fruit & Raisin Box

Apple Juice

School Trips - If your child is due to go
on a school trip, any meals ordered will
be automatically changed to a packed
lunch 'Charlie'.

SUMMER MENU

IF THE WEATHER FORECAST IS GOOD
THE SCHOOL WOULD LIKE THE OPTION TO HAVE A BBQ.

"Fantastic Sausage
Factory" Burger / Soya
Burger served in a bun
with Cheese.

&

Fantastic Chipolata /
Veggie Chipolata served
with 1/2 a Jacket Potato,
Salad & Relish.

ICE CREAM!

If you do not wish for your child to enjoy the changed menu to BBQ, please let the school
know as a baked jacket potato will be offered instead.

Thank You

Cost - Meals are priced at £2.30.
Orders should be returned to
the school office.
Pay online via your
child's Parentmail account.

If your child is
absent the money
cannot be refunded
for meals that have already
been booked, as
the school will be charged

Please contact Anna in
the school office for any
changes.

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Menu Week 1 — 22nd April, 20th May, 3rd June & 1st July 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|---|--|---|---|
| Main | Cottage Pie | Panko Crispy Topped Chicken Thigh with Noodles | Fantastic Cheeseburger With 1/2 Jacket Potato & Onion Rings | Roast Pork with Apple Sauce Roast Potatoes & Gravy | MSC Cod Fillet Fish Fingers with Chips |
| Vegetarian | Soya Cottage Pie | Lightly Spiced Butternut Squash Quinoa Bites with Noodles | Vegetarian / Vegan Style Chicken Burger With 1/2 Jacket Potato & Onion Rings | Homemade Wholegrain Chunky Vegetable Quiche, Roast Potatoes & Gravy | Fishless Fingers with Chips |
| Side Dish | Peas & Sweetcorn | Baked Beans | Side Salad | Carrots & Peas | Peas & Sweetcorn |
| Baked Potato | Baked Beans & Grated Cheese | Baked Beans & Grated Cheese | Baked Beans & Grated Cheese | Baked Beans & Grated Cheese | Baked Beans & Grated Cheese |
| Sweet | 101 Dalmatian Shortbread Biscuit | Chocolate Sponge with Chocolate Sauce | Fresh Fruit Salad | Muller Corner Yoghurt | Fruit Jelly |
| Sweet Alternative | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination |

Menu Week 2 — 29th April, 10th June & 8th July 2019

| | Mon | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|--|--|---|---|
| Main | Fantastic Pork & Apple Sausages with Mashed Potato & Gravy | Flaky Topped Chicken & Ham Pie with New Potatoes | Crispy Pork Sprinkle Topped Macaroni Cheese with Garlic Bread & Side Salad | Roast Chicken, Roast Potatoes & Gravy | MSC Fishwich with Tomato Sauce & Chips |
| Vegetarian | Linda McCartney's Vegetarian Style Chorizo & Red Pepper Sausages with Mashed Potato & Gravy | Flaky Topped Vegetable Pie with New Potatoes | Wholegrain Macaroni Cheese with Garlic Bread & Side Salad | 1/2 Stuffed Pepper Roast Potatoes & Gravy | Cheesy Topped Vegetable Pasta Bake with Dough Balls |
| Side Dish | Peas | Sweetcorn & Cauliflower | Salad | Carrots & Broccoli | Baked Beans |
| Jacket Potato Filling | Tuna Mayonnaise & Grated Cheese | Tuna Mayonnaise & Grated Cheese | Tuna Mayonnaise & Grated Cheese | Tuna Mayonnaise & Grated Cheese | Tuna Mayonnaise & Grated Cheese |
| Sweet | Dorset Apple Cake with Cream | Banana & Custard | Paw Patrol Shortbread Biscuit | Fresh Fruit Salad | Pear & Cinnamon Crumble with Cream |
| Alternative Sweet | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination |

Menu Week 3 — 6th May, 17th June & 15th July 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|---|---|---|---|
| Main | Street Foods Chinese Hoi Sin Chicken | Pork & Beef Meatballs in a Tomato Sauce with Wholemeal Fusilli Pasta | Southern Fried Style Chicken Breast in a Soft Bap Roll | Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy | Cod Fillet Fish Fingers with Chips |
| Vegetarian | Street Foods Chinese Hoi Sin Vegetables | Swedish Style Veggie Balls in a Tomato Sauce with Wholemeal Fusilli Pasta | Quorn Southern Style Burger in a Soft Bap Roll | Spanish Style Vegetables in Tomato Sauce in a Yorkshire Pudding with Roast Potatoes | Meat Free Vegetable Finger with Chips |
| Side Dish | Vegetable Rice | Garlic Bread & Sweetcorn | Coleslaw & Salad | Carrots & Sweetcorn | Peas |
| Baked Potato | Spaghetti Hoops & Grated Cheese | Spaghetti Hoops & Grated Cheese | Spaghetti Hoops & Grated Cheese | Seafood Mayonnaise & Grated Cheese | Spaghetti Hoops & Grated Cheese |
| Sweet | Batman Biscuit | Lemon Drizzle Cake | Fresh Fruit Salad | Strawberries & Cream | Mini Pain Au Raisin |
| Sweet Alternative | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination |

Menu Week 4 — 13th May, 24th June & 22nd July 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|--|--|---|---|
| Main | Beef Lasagne with Garlic Bread | Individual BBQ Ham & Cheese Pizza with Salad | Chicken Fajita Wholemeal Wrap with Beans | Fantastic Flaky Sausage Roll with Sliced Potatoes & Onion Gravy | MSC Fish Nuggets with Chips |
| Vegetarian | Soya Lasagne with Garlic Bread | Individual BBQ Vegetable & Cheese Pizza with Salad | Vegetable Fajita Wholemeal Wrap with Beans | Rice Stuffed Courgette with Sliced Potatoes & Onion Gravy | Vegetable Kiev with Chips |
| Side Dish | Side Salad | 1/4 Jacket Potato | Corn on the Cob | Broccoli & Carrots | Baked Beans |
| Baked Potato | Grated Cheese & BBQ Sausage | Grated Cheese & BBQ Sausage | Grated Cheese & BBQ Sausage | Grated Cheese & BBQ Sausage | Grated Cheese & BBQ Sausage |
| Sweet | Carrot Cake | Strawberry Mousse | Waffles with Fruit & Squirry Cream | Fresh Fruit Salad | Oatmeal & Raisin Cookie |
| Sweet Alternative | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination |