

## NEWPORT COMMUNITY SCHOOL PRIMARY ACADEMY MENU FROM SEPTEMBER 2020

MONDAY	WEEK 1: 7/9, 5/10, 9/11, 8/12, 18/1	Allergen Group	WEEK 2: 14/9, 12/10, 16/11, 14/12, 25/1	Allergen Group	WEEK 3: 21/9, 19/10, 23/11, 4/1, 1/2	Allergen Group	WEEK 4: 28/9, 2/11, 30/11, 11/1, 8/2	Allergen Group
<b>Main</b>	Pork Meatballs in Tomato Sauce <i>May contain C/E/M/MUS</i>	S/G	Chicken Fajita Tortilla Boats	MUS/G	Bolognaise	F	Warm Chicken Wrap	G
	Spaghetti	G						
<b>Vegetarian</b>	Chinese Style Quorn	E/G/S	Quorn Fajita Tortilla Boats	MUS/G/E	Vegetarian Bolognaise	S/G/C	Warm Quorn Wrap	G/E
<b>Jacket</b>	Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings	
<b>Sandwich</b>	Cheese Sandwich	G/M/S	Ham Sandwich	G/S	Ham Sandwich	G/S	Egg Sandwich	G/E/MUS/S
	Seasonal Vegetables		Cous Cous	G	Pasta	G	Rice	
			Seasonal Vegetables		Garlic Bread <i>May contain S/M</i>	G	Seasonal Vegetables	
					Seasonal Vegetables			
	<b>Frozen Yoghurt</b>	M	<b>Jaffa Sponge</b>	G/E	<b>Doughnut</b>	S/M/G	<b>Syrup Sponge</b>	E/G
	<b>Fruit</b>		<b>Custard</b>	M			<b>Custard</b>	M
<b>TUESDAY</b>								
<b>Main</b>	Gammon		Sausage Roll	M/G	Ham, Cheese & Tomato Swirls	M/G	Steak Pie <i>May contain M</i>	G
<b>Vegetarian</b>	Country Garden Crumble	G/M	Cheese & Onion Slice <i>May contain Nuts</i>	S/M/G/MU	Cheese & Tomato Swirls	M/G	Oven Baked Omelette	M/MUS/E
<b>Jacket</b>	Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings	
<b>Sandwich</b>	Tuna Wrap	G/F/E/MUS	Cheese Roll <i>May contain SS</i>	G/M	Tuna Wrap	G/F/E/MUS	Tuna Roll <i>May contain SS</i>	G/F/E/MUS
	Potatoes		Creamed potato		Potatoes		Potatoes	
	Baked Beans		Baked Beans		Seasonal Vegetables		Baked Beans	
	Seasonal Vegetables		Seasonal Vegetables		Baked Beans		Seasonal Vegetables	
	<b>Lemon Drizzle Cake</b>	G/E	<b>Ice Cream Roll &amp; Fruit</b>	S/M/E/G	<b>Fresh Fruit Platter</b>		<b>Cheese, Crackers &amp; Apple</b> <i>May contain S</i>	M/E/G/SS
<b>WEDNESDA</b>								
<b>Main</b>	Roast Chicken		Roast Beef		Roast Turkey		Pork Steak	
	Stuffing	G					Apple Sauce	
<b>Vegetarian</b>	Vegetarian Roast	M/G/S/E/C	Tomato Tumbler	M/G	Cauliflower & Broccoli Bake <i>May contain</i>	M/S/G/MU	Quorn Fillet	E
<b>Jacket</b>	Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings	
<b>Sandwich</b>	Ham Roll <i>May contain SS</i>	G/S	Tuna Pitta <i>May contain S/M</i>	G/E/F/MUS	Cheese Sandwich	G/M/S	Cheese Sandwich	G/M/S
	Roast Potatoes, Vegetables, Gravy		Roast Potatoes, Vegetables, Gravy		Roast Potatoes, Vegetables, Gravy		Roast Potatoes, Vegetables, Gravy	
	<b>Apple Crunch</b>	G	<b>Jam &amp; Coconut Sponge</b>	E/G	<b>Raspberry Flapjack</b>	G		
	<b>Custard</b>	M	<b>Custard</b>	M	<b>Custard</b>	M	<b>Fruit Delight</b> <i>May contain E,S</i>	M/G
<b>THURSDAY</b>								
<b>Main</b>	Ham and Sweetcorn Muffin Pizza	G/S/M	Sweet and sour chicken		Chicken Goujons <i>May contain S/M/C/</i>	G	Salmon Fish Cake	G/F
<b>Vegetarian</b>	Cheesy Butter Bean Bake	MUS/M/E/G	Cheese & Tomato Pizza Muffin <i>May contain</i>	S/G/M	Vegetable Fingers	G	Roast Vegetable Pasta	G
<b>Jacket</b>	Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings	
<b>Sandwich</b>	Tuna Sandwich	G/S/E/F/MUS	Ham Sandwich	G/S	Egg Roll <i>May contain SS</i>	G/E/MUS	Ham and Cucumber Pitta <i>May contain</i>	G
	Pasta	G	Rice		Potato Wedges	G	Pasta	G
	Seasonal Vegetables		Seasonal Vegetables		Seasonal Vegetables		Crusty Bread <i>May contain SS</i>	G/S
	<b>Fruit Meringue Nest</b>	E	<b>Banoffee Pancake</b>	M/E/G	<b>Peaches</b>		Seasonal Vegetables	
					<b>Custard</b>	M	<b>Fruit Platter</b>	
<b>FRIDAY</b>								
<b>Main</b>	Cod Bites	F/G	Cod Fishfinger	G/F	Haddock Goujons	F/G	Sausages	G
<b>Vegetarian</b>	Spicy Bean Burger	G	Mozzarella Sticks	G/M/E	Noodle Wrap	M/E/G	Vegetarian Sausage	G/S
<b>Jacket</b>	Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings		Jacket Potato with Fillings	
<b>Sandwich</b>	Egg Sandwich	G/E/MUS/S	Egg Roll <i>May contain SS</i>	G/E/MUS	Ham Sandwich	G/S	Cheese Roll <i>May contain SS</i>	G/M
	Golden Fries		Golden Fries		Golden Fries		Golden Fries	
	Pasta	G	Pasta	G	Pasta	G	Pasta	G
	Seasonal Vegetables		Seasonal Vegetables		Seasonal Vegetables		Seasonal Vegetables	
	<b>Butterscotch Biscuit</b>	G	<b>Honey Cookie</b>	M/E/G	<b>Melting Moments</b>	M/E/G	<b>Jam Rock Buns or Fruit Rock Bun</b>	M/E/G

## NEWPORT COMMUNITY SCHOOL PRIMARY ACADEMY MENU FROM SEPTEMBER 2020

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Daily Jacket Potato fillings available –  
Baked Beans, Cheese and Tuna

Available Daily:

Salad Bar, Fresh Fruit, Yoghurt, Bread, Water

Yoghurt - **M**

Bread – **G/S**

Baked Beans

Cheese - **M**

Tuna – **E/MUS/F**

**ALL MENU SUBJECT TO AVAILABILITY**

**Allergen Groups:** **C**- Celery, **G** - Cereals Containing Gluten, **CRUS** – Crustaceans, **E** – Eggs,  
**F** – Fish, **L** – Lupin, **M** – Milk, **MOL** - Molluscs, **MUS** – Mustard, **N** – Nuts, **P** – Peanuts,  
**SS** - Sesame Seeds, **S** – Soya, **SD** – Sulphites

The school kitchen does not use nuts, nut oils or nut containing products in the preparation of food; but we cannot guarantee that the source of manufacture is completely nut-free.

**Newport Community School Primary Academy is Allergy Aware**

If your child has an allergy, please make an appointment via the school office with the Lead First Aider, Erika Serjeant

**Meal Choices**

Children make a choice every morning at registration.

**Payment - £2.35 Per Meal**

For Years 3 -6 and in the Nursery payment for dinners are made in advance. The school office will send you a reminder if your outstanding bill goes over £15. All payments through My Child at School.

From September 2020 all payments to be made electronically.