



# YOUR MENU Week ONE



Coppice Primary School



Monday	Tuesday	Wednesday	Thursday	Friday
Sausage & Mash with Gravy Quorn Sausage & Mash with Gravy(v) Cheese & Potato Pie(v)	Macaroni Cheese(v) Teriyaki Chicken Cheese & Onion Pasty(v)	Home Made Pizza Quorn Curry(v)	Roast Chicken with Stuffing Roast Quorn with Stuffing(v) Vegetable Pasta Bake(v)	Whole Fillet Fish Fingers BBQ Chicken Fillet Sticky BBQ Quorn(v)
Mashed Potatoes Minted Peas	Garlic Bread Pilau Rice Mixed Vegetables	Baked Beans Sweetcorn Chunky Chips	Mashed Potatoes New Potatoes Cauliflower Broccoli	Seasonal Wedges Peas Carrots
<p>Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily</p> <p>Selection Of Fresh Fruit &amp; Yogurts Available.</p>				
Ginger Sponge & Custard Fruit Cocktail	Frozen Mousse Tubs Yoghurts	Chocolate Sponge & Custard Jelly	Neopolitan Mousse Arctic Roll	Anzac Cookies Ice Cream Tubs

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

For Any Allergen/Dietary Requirements Please Speak To The Catering Supervisor

**MADE FRESH**

Coppice and Langley Schools



# YOUR MENU Week TWO



Coppice Primary School

Monday	Tuesday	Wednesday	Thursday	Friday
Haddock Grill Cheese & Red Onion Flan(v) Vegetable Parmigana(v)	Lamb Lasagne Quorn Lasagne(v) Cheese & Pepper Roll(v)	Home Made Pizza Italian Pasta Bake(v)	Roast Turkey With Yorkshire Pudding Quorn Toad In The Hole(v) Cauliflower Cheese(v)	Jumbo Pork Sausage Hotdog Quorn Hotdog(v) Spanish Omelette(v)
Savoury Rice Mashed Potatoes Sliced Green Beans	Garlic Slice Mixed Vegetables	Baked Beans Sweetcorn Chunky Chips	New Potatoes Mashed Potatoes Cauliflower & Carrots	Seasoned Wedges Minted Peas
<p>Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily</p> <p>Selection Of Fresh Fruit &amp; Yogurts Available Daily</p>				
Chocolate Crunch & Custard Yoghurts	Orange & Carrot Muffins Iced Mousse Tub	Orange Sponge & Custard Fruit Cocktail	Neopolitan Mousse Iced Fruit Smoothie	Jelly Arctic Roll

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Coppice & Langley Schools



# YOUR MENU Week THREE



Coppice Primary School



Monday	Tuesday	Wednesday	Thursday	Friday
Shepherd's Pie	Chicken Tikka Masala		Roast Chicken & Stuffing	Chilli Con Turkey
Sir Fry Quorn & Egg Noodles(v)	Quorn Bolognaise Bake(v)	Home Made Pizza	Roast Quorn & Stuffing(v)	Southern Fried Chicken Fillet
Chicken Parmigana	Fish Cake	Cannelloni Verde(v)		Lemon Sole Grill
Mixed Vegetables Rice Mashed Potatoes	Garlic Slice Naan Bread Broccoli	Chunky Chips Sweetcorn Baked Beans	Mashed Potatoes New Potatoes Broccoli Carrots	Seasonal Wedges Peas Sweetcorn
Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily				
Selection Of Fresh Fruit & Yogurts Available Daily				
Cookies	Marble Sponge & Custard	Fruity Flapjack & Custard	Neopolitan Mousse	Lemon Iced Cupcakes
Ice Cream Roll	Fruit Jelly	Yoghurts	Chocolate Cracknel	Iced Smoothie

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## MADE FRESH

Coppice & Langley Schools

# Healthy & Balanced Menu Certificate

This is to certify that

On the 24.10.18 the Autumn & Winter Menu for  
**Coppice & Langley Schools**

Has Been Assessed to be a  
Nutritious, Balanced & Healthy Menu



Anna-Maria Holt BSc RD  
Company Dietitian

Pelican Procurement Services, Ash House, Tanshire Park, Shackleford Road, Elstead, Surrey, GU8 6LB, 01252 705200

\*Food provision has been evaluated by a registered dietitian against the food-based standards for lunches (January 2015) using menus and information as provided by the school at time of audit. Changes to menus, or additional food provision not included in the audit will invalidate this certificate.

