

# **Weyco Kitchen**

# **Hot School Meals**

## **Spring Term 2024 School Lunch Menu**

**Ordering through Bluerunner Solutions online ordering must be done by Midnight on a Monday for the following week.**

### **FREE School Lunches**

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

**If your child is in Years 3, 4, 5 or 6 they may be entitled to a free school lunch if you are in receipt of certain benefits**

**Please speak to the school office for further information or visit the Dorset Council website at [www.dorsetcouncil.gov.uk/home.aspx](http://www.dorsetcouncil.gov.uk/home.aspx) to apply**

- 1. Please note that we use low fat, low/reduced sugar, low salt ingredients where possible in items such as custard, mayonnaise and baked beans etc.**
- 2. We use local butchers, bakers, fruit, vegetable and dairy suppliers within the Dorset area.**
- 3. Many items on the menu include high quantities of items such as chickpeas, 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 allergies or dietary requirements please contact the school office.**
- 6. Weyco Services do not consider butchered meat products from the Fantastic Sausage Factory in Weymouth as processed foods.**
- 7. The menu is school food plan compliant.**

Menu Week 1 - Weeks Beginning 1st January, 29th January, 19th February & 18th March

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Sausage Roll with Potato Croquettes

Chicken & Chorizo Penne with Garlic Bread

Mild Beef Three Bean Chilli Nachos

Roast Chicken with Roast Potatoes

Breaded Fish Fingers & Chips

Vegetarian

Plant Based Sausage Roll with Potato Croquettes

Creamy Quorn & Mushroom Penne with Garlic Bread

Mild Quorn Three Bean Chilli Nachos

Stuffed Courgette with Roast Potatoes

Quorn Fishless Fingers & Chips

Side Dish

Baked Beans

Side Salad

Guacamole & Tomato Salsa

Green Beans & Carrots

Peas

Jacket Potato

Spaghetti Hoops & Grated Cheese

Spaghetti Hoops & Grated Cheese

Spaghetti Hoops & Grated Cheese

Spaghetti Hoops & Grated Cheese

Spaghetti Hoops & Grated Cheese

Sweet

Shortbread Bear

Banana and Custard

Jam Doughnut

Fruit Salad

Chocolate Sponge with Chocolate Sauce

Alternative Sweet

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Menu Week 2 - Weeks Beginning 8th January, 5th February, 26th February & 25th March

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Cheeseburger with Sliced Potatoes

Mild Chicken Korma with Naan Bread

Spaghetti & Meatballs with Garlic Bread

Roast Pork & Roast Potatoes

Breaded Fish Fillet & Chips

Vegetarian

Vegetarian Cheeseburger with Sliced Potatoes

Quron & Vegetable Korma with Naan Bread

Spaghetti & Veggie Meatballs with Garlic Bread

Nutless Roast & Roast Potatoes

Breaded Quorn Fillet & Chips

Side Dish

Sweetcorn

Vegetable Rice

Carrot Sticks

Carrots & Peas

Green Beans

Jacket Potato

Baked Beans & Grated Cheese

Baked Beans & Grated Cheese

Baked Beans & Grated Cheese

Baked Beans & Grated Cheese

Baked Beans & Grated Cheese

Sweet

Gingerbread

Pancake with a Berry Compote

Greek Yoghurt & Honey

Fruit Salad

Apple & Winter Berry Crumble

Alternative Sweet

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

### Menu Week 3 - Weeks Beginning 15th January & 4th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage & Mash with Gravy	Macaroni Cheese with Bacon & Garlic Bread	Pepperoni Pizza with Coleslaw	Roast Beef with Yorkshire Pudding & Roast Potatoes	Fish Fingers & Chips
Vegetarian	Quorn Vegetarian Sausage & Mash with Gravy	Macaroni Cheese & Garlic Bread	Cheese & Pineapple Pizza with Coleslaw	Stuffed Pepper with Yorkshire Pudding & Roast Potatoes	Quorn Fishless Fingers & Chips
Side Dish	Peas	Carrot Sticks & Cucumber	Side Salad	Carrots & Cauliflower	Peas & Sweetcorn
Jacket Potato	BBQ Sausage & Grated Cheese	BBQ Sausage & Grated Cheese	BBQ Sausage & Grated Cheese	BBQ Sausage & Grated Cheese	BBQ Sausage & Grated Cheese
Sweet	Fruit Flapjack	Fruit Jelly	Swiss Roll	Fruit Salad	Carrot Cake
Alternative Sweet	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination

### Menu Week 4 - weeks beginning 22nd January & 11th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Breaded Chicken Nuggets & Wedges	Beef Lasagne with Garlic Bread	Creamy Chicken & Mushroom	Gammon Slice with New Potatoes	Fish Cake & Chips
Vegetarian	Vegan Nuggets & Wedges	Quorn Lasagne with Garlic Bread	Creamy Quorn & Mushroom	Mushroom Crumble with New Potatoes	Veggie Bake & Chips
Side Dish	Baked Beans	Cucumber Sticks	Vegetable Rice	Carrots & Green Beans	Peas
Jacket Potato	Tuna Mayo & Grated Cheese	Tuna Mayo & Grated Cheese	Tuna Mayo & Grated Cheese	Tuna Mayo & Grated Cheese	Seafood Mayo & Grated Cheese
Sweet	Chocolate Crispie	Apple Crumble & Custard	Oatmeal & Raisin Cookie	Fruit Salad	Marmalade Sponge
Alternative Sweet	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination

# Fruity Friends

## Lunch Box Menu

### Alphie

Lunch

Nut free

White Ham Sandwich

Red Apple

Vegetable Offer

Mini Muffin

Fruit Yoghurt

Water

### Bertie

Lunch

Nut free

Tuna Mayonnaise Wrap

Pear

Vegetable Offer

Popcorn

Babybel Cheese

Water

### Charlie

Lunch

Vegetarian & nut free

Grated Mild Cheddar in a  
Brown Roll

Red Apple

Vegetable Offer

Shortbread

Fruit Yoghurt

Water

### Dannie

Lunch

Nut free, vegan, dairy free,  
gluten free & vegetarian

Houmous with Vegetable  
Sticks

Banana

Vegetable Offer

Dried Fruit & Raisins

Fruit Jelly

Water

Drinks and School Trips - We currently provide water on the lunchtime table and find the packed lunch drinks are a little excessive for small children and damaging to the environment.

We have decided not to put them in years Reception, 1 and 2 packed lunches. We would like to continue as we are for years 3 and above and will keep the drinks in for school trips etc. If your child is due on a school trip their meal will change automatically to packed lunch "C".

## Mexican Theme Day

**Thursday 29th February**

**Chicken Fajita with Rice & Tortilla Bread  
Quorn & Pepper Fajita with Rice & Tortilla Bread**

**Churros with Chocolate Dipping Sauce**

Cost - Meals are priced at £2.50

Payment must be made in advance of any orders, they can be made weekly or in full via Bluerunner Solutions.

If your child is absent the money cannot be refunded for meals that have already been ordered with the College as the school will be charged for them.

Changes or cancellations can be made in advance online.

# DTA

Dorset Training Academy

The Dorset Training Academy at Weymouth College deliver a range of comprehensive industry focussed short courses including First Aid, Food Safety, British Sign Language and Mental Health First Aid.

To find out more visit our website [www.weymouth.ac.uk/subjects/professional-courses](http://www.weymouth.ac.uk/subjects/professional-courses)

Email [dta@weymouth.ac.uk](mailto:dta@weymouth.ac.uk) or call us on 01305 764748.