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## **SCHOOL MEALS**

School meals are provided by the kitchens of our co-located school, Woodside High School.

Our meals are served in our Hall Annex and in Riverside's dining room in Woodside's Ash Block.

Cultural and religious requirements are always respected, and parents should ensure that the school is made aware of any dietary restrictions their child may have.

For parents who pay for meals, the School Office will inform you of the weekly cost. This should be paid weekly to the school using our online payment system Parentpay, each Monday in advance.

New parents wishing to apply for Free School Meals should complete the application form sent home in the admission packs and post to:

*Shared Service Centre | Benefits, PO Box 10505, Wood Green, London, N22 7WJ.*

# MENU CYCLE - KITCHEN GUIDE



| WEEK 1          | MONDAY                | TUESDAY                       | WEDNESDAY                         | THURSDAY      | FRIDAY                        |
|-----------------|-----------------------|-------------------------------|-----------------------------------|---------------|-------------------------------|
| Main Meal       | BBQ Chicken           | Chilli Con Carne              | Roast Turkey                      | Beef Curry    | Batter Pollock                |
| Vegetarian Meal | Mixed Vegetable Quorn | Quorn Vegetable Stir Fry      | Sweet Potatoes and Butternut Stew | Cheese Fian   | Cheese & Tomato Pizza         |
| Carbs           | Wedges                | Rice                          | Paprika Roast Potatoes            | Rice & Peas   | Chips                         |
| Vegetables      | Runner Beans          | Mixed Salad                   | Sliced Carrots                    | Garden Peas   | BBQ Baked Beans<br>Sweet Corn |
| Snack Pot       | Tomato Pasta Pot      | Diced Potatoes with BBQ Sauce | Roast Vegetables with Mac         | Spicy Noodle  | Rice b Vegetables             |
| Pudding         | Marble sponge         | Berq Fruit Fla Jack           | Jam Sponge                        | Apple Crumble | Vanil(a Ice Cream             |
| Sauce           | Custard               | Custard                       | Custard                           | Custard       |                               |



# MENU CYCLE - KITCHEN GUIDE

| WEEK 2           | <u>MONDAY</u>                 | <u>TUESDAY</u>                | <u>WEDNESDAY</u>              | <u>THURSDAY</u>       | <u>FRIDAY</u>                |
|------------------|-------------------------------|-------------------------------|-------------------------------|-----------------------|------------------------------|
| <b>Main Meal</b> | Beef Meatballs                | Macaroni Cheese               | Roast Chicken                 | Minced Beef           | Batter Crisp Pollock         |
| Vegetarian Meal  | Quorn Korma                   | Jacket Potatoes               | Curr'ed Potato With Chickpeas | Quorn Pasta Bake      | Cheese & Tomato "tugo" Pizza |
| <b>Carbs</b>     | Steamed Rice                  | Garlic Bread<br>Onion Rings   | Roast Potatoes                | Spaghetti             | Chips                        |
| Vegetables       | Sliced Carrots                | Sweetcorn                     | Savoy Cabbage                 | Runner Beans          | Garden Peas<br>Baked Beans   |
| <b>Snack Pot</b> | Tomato Pasta Pot              | Diced Potatoes with BBQ Sauce | Roast Vegetables with Mac     | Spicy Noodle          | Rice & Vegetables            |
| <b>Pudding</b>   | Pineapple Upside Down Pudding | Apple Et Sultana Sponge       | Chocotate Puddin              | Peach IN Pear Crumble | Vanilla Ice tream            |
| <b>Sauce</b>     | Custard                       | Custard                       | Chocolate Sauce               | Custard               |                              |



# MENU CYCLE—KITCHEN GUIDE

| WEEK 3           | <u>MONDAY</u>                               | <u>TUESDAY</u>   | <u>WEDNESDAY</u>            | <u>THURSDAY</u>          | <u>FRIDAY</u>                  |
|------------------|---|--|-----------------------------|--------------------------|--------------------------------|
| <b>Main Meal</b> | Theme Day -<br>Mexican/Chinese/<br>Jamaican | Tuna Pasta Bake  | Roast Turkey                | Chicken Curry            | Batter Crisp<br><b>POLLOCK</b> |
| Vegetarian Meal  | Spicy Bean Burger                           | Penne Pasta<br>Homemade Toma-<br>to El Red Pepper<br>Sauce | Cheese Er Onion<br>Flan     | Quorn Shepherd-          | Cheese 6 Tomato                |
| Carbs            | Wedges                                      | Garlic Bread<br>Onion Rings                                | Garlic Roast<br>Potatoes    | Butternut Squash<br>Rice | Chips                          |
| Vegetables       | Baked Beans<br>Sweetcorn                    | Garden Peas  | Glazed Runner<br>Beans      | Sliced Carrots           | Garden Peas<br>BBQ BakedBeans  |
| Snack Pot        | Tomato PastaPot                             | Diced Potatoes<br>with BBQ Sauce                           | RoastVegetables<br>with Mac | SpicyNoodle              | RicellVegetables               |
| Pudding          | Banana FlapJack                             | Chocolate b<br>beetroot sponge                             | Fruit Crumble               | Fruit Jelly              | Vanilla IceCream               |
| Sauce            | Chocolate Sauce                             | Custard  | Custard                     |                          | Fresh Fruit S.                 |