



WINTER MENU 2016/17

	Monday – Meat Free day	Tuesday – Cornish Day	Wednesday – Roast Day	Thursday – World Food Day	Friday – Fishy Friday!
Week 1	Vegetarian Sausage and Mash	Steak Pasty Pie	Roast Gammon & Roast Potatoes	Lasagne	Freshly Battered Newlyn Fish & Chips Mushy Peas or Beans
	Vegetarian Cottage Pie	Vegetarian Pasty Pie (v)	Lentil Roast & Roast Potatoes (v)	Vegetarian Lasagne(v)	Cheese whirl (v)
	Fruit Jelly	Ice Cream	Chocolate Mouse	Chocolate Layer Cake	Flapjack
WEEK 2	Vegetarian Pizza	Local Steak Pie with Mash	Roast Pork and Roast Potatoes,	Tex Mex Enchiladas with Rice	Freshly Battered Newlyn Fish & Chips Mushy Peas or Beans
	Parsnip Soup	Hommitie Pie with Mash (v)	Roast Quorn and Roast Potatoes (v)	Reggae Reggae Beans with Rice (v)	Cheese and Red Onion tart with Chips, Peas or Beans(v)
	Rhubarb Crumble and Custard	Cornish Flag Cake	Rice pudding	Mango Frozen Yogurt	Giant Cookie
WEEK 3	Butternut Squash Risotto	Newlyn Fish Pie	Roast Turkey and Roast Potatoes	Chinese Chicken Noodles	Freshly Battered Newlyn Fish & Chips Mushy Peas or Beans
	Cheese and Red Onion Tart	Cornish Macaroni Cheese (v)	Country Vegetable Pie(v)	Stir Fry Vegetable Noodles (v)	Frittata & Chips Mushy Peas or Beans(v)
	Apple Crumble with Custard	Cornish Furniss style Biscuit	Chocolate Sponge with Chocolate Custard	Pineapple Upside Down Cake	Cherry and Coconut Flapjack

- Baked Jacket Potatoes On Monday, Tuesday and Thursday with beans and cheese or tuna mayo
- Fruit Salad and or Yogurt available daily
- Delicious Salad Bar – Mon, Tues & Thurs
- Choice of two seasonal vegetables every day – varieties will depend on our local farm and what's been growing.

News from The Sunshine Eatery

Hello, my name is Chris Perks and I am very pleased to introduce myself as new school cook here at Newlyn School. I am looking forward to carrying on Joslyn Bellamy's good work so have devised a three week menu continuing the daily themes and using fresh ingredients to make homemade meals helping to encourage healthy eating.

Breakfast Club runs from 8.45-9.00am – free for children eligible for free school meals, 50p for all others. We always have a selection of breakfast cereal and toast and often have special treats like porridge, croissants and bacon sarnies. It's a lovely atmosphere and the children really enjoy the chance to start the day sitting with their friends sharing a meal.

Menu dates are as follows:

Week 1 – 26th Sept, 17th Oct, 14th Nov, 5th Dec

Week 2 – 12th sept, 3rd Oct, 31st Oct, 21st Nov, 12th Dec

Week 3 – 19th Sept, 10th Oct, 7th Nov, 28th Nov

If you have any feedback about the menu please pop in at breakfast time for a chat.

Chris Perks
School Chef



Price increase

Unfortunately we have to increase the cost of school dinners this year by 10p. We haven't done this for at least three years but the rising cost of ingredients means that from Monday 12th September your child's homemade, freshly cooked school meal will be £2.30.