

Crystal Kids Menu

Autumn 2020 First Half Term

Every day the children start Crystal Kids with a fresh fruit snack and drink

w/c	Monday	Tuesday	Wednesday	Thursday	Friday
4 th Sep 20	<i>School Closed</i> <i>No Crystal Kids</i>	<i>School Closed</i> <i>No Crystal Kids</i>	<i>Inset Day</i> <i>School Closed</i> <i>No Crystal Kids</i>	<i>Inset Day</i> <i>School Closed</i> <i>No Crystal Kids</i>	<i>Carbonara or tomato and basil pasta with garlic bread and a choice of grated cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>
7 th Sep 20	<i>Chicken or vegetable fajitas</i> <i>Salad/crudités</i> <i>Fresh fruit or cake</i>	<i>100% Cod fish fingers with new potatoes and peas & sweetcorn</i> <i>Fresh fruit or yoghurt</i>	<i>Jacket potatoes with a choice of toppings: tuna/beans or cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Beans on toast with a choice of grated cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Cream of tomato soup with a cheese or ham roll</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>
14 th Sep 20	<i>Chicken or vegetable korma curry with naan bread.</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Carbonara or tomato and basil pasta</i> <i>Garlic Bread</i> <i>Grated Cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Spaghetti hoops on toast with a choice of cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or cake</i>	<i>Chicken or vegetable fajitas</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Jacket potatoes with a choice of toppings: tuna/beans or cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>
21 st Sep 20	<i>Beans on toast with a choice of grated cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or cake</i>	<i>Cream of tomato soup with a cheese or ham roll</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Homemade beef bolognese/Quorn bolognese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>100% Cod fish fingers with new potatoes and peas & sweetcorn</i> <i>Fresh fruit or yoghurt</i>	<i>Homemade pizzas with a choice of toppings: margarita/pepperoni/Hawaiian</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>
28 th Sep 20	<i>Chicken or vegetable fajitas</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Breaded chicken with chips and baked beans</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Homemade macaroni cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Jacket potatoes with a choice of toppings: tuna/beans or cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Beans on toast with a choice of grated cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or cake</i>
5 th Oct 20	<i>Homemade pizzas with a choice of toppings: margarita/pepperoni/Hawaiian</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>British pork chipolatas /veggie sausages with roast potatoes and mixed vegetables</i> <i>Fresh fruit or cake</i>	<i>Carbonara or tomato and basil pasta</i> <i>Garlic Bread</i> <i>Grated Cheese</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>Cream of tomato soup with a cheese or ham roll</i> <i>Salad/crudités</i> <i>Fresh fruit or yoghurt</i>	<i>100% Cod fish fingers with chips and Baked beans</i> <i>Fresh fruit or yoghurt</i>



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12th Oct 20	<i>Cottage pie or vegetable pie Salad/crudités Fresh fruit or cake</i>	<i>Homemade macaroni cheese Salad/crudités Fresh fruit or yoghurt</i>	<i>Jacket potatoes with a choice of toppings: tuna/beans or cheese Salad/crudités Fresh fruit or yoghurt</i>	<i>Breaded chicken with chips and baked beans Salad/crudités Fresh fruit or yoghurt</i>	<i>Spaghetti hoops on toast with a choice of cheese Salad/crudités Fresh fruit or yoghurt</i>
19th Oct 20	<i>Carbonara or tomato and basil pasta Garlic Bread Grated Cheese Salad/crudités Fresh fruit or yoghurt</i>	<i>Chicken or vegetable fajitas Salad/crudités Fresh fruit or yoghurt</i>	<i>Homemade pizzas with a choice of toppings: margarita/pepperoni/Hawaiian Salad/crudités Fresh fruit or yoghurt</i>	<i>Hot dogs with potato wedges Salad/crudités Fresh fruit or cake</i>	<i>Inset Day School Closed No Crystal Kids</i>

Important:

Please ensure you inform the school office of allergy/dietary requirements so we can ensure these are suitably catered for

Fresh Water is available throughout each session

Ice Lollies will be offered when the weather is very hot

