



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.

(See below for 2019/20 Menu Cycle)

MENU CYCLE — K TCHEN GU DE



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 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>
Main Meal	Beef Meatballs	Macaroni Cheese	Roast Chicken	Minced Beef	Batter Crisp Pollock
Vegetarian Meal	Quorn Korma	Jacket Potatoes	Currled Potato With Chickpeas	Quorn Pasta Bake	Cheese 6 Tomato "tugo" Pizza
Carbs	Steamed Rice	Garlic Bread Onion Rings	Roast Potatoes	Spaghetti	Chips
Vegetables	Sliced Carrots	Sweetcorn	Savoy Cabbage	Runner Beans	Garden Peas Baked Beans
Snack Pot	Tomato PastaPot	Diced Potatoes with BBQ Sauce	Roast Vegetables with Mac	Spicy Noodle	Rice & Vegetables
Pudding	Pineapple Upside Down Pudding	Apple Et Sultana Sponge	Chocotate Puddin	Peach IN Pear Crumble	Vanilla Ice tream
Sauce	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>
Main Meal	Theme Day - Mexican/Chinese/ Jamaican	Tuna Pasta Bake	Roast Turkey	Chicken Curry	Batter Crisp POLLOCK
Vegetarian Meal	Spicy Bean Burger	Penne Pasta Homemade Toma- to El Red Pepper Sauce	Cheese Er Onion Flan	Quorn Shepherd-	Cheese 6 Tomato
Carbs	Wedges	Garlic Bread Onion Rings	Garlic Roast Potatoes	Butternut Squash Rice	Chips
Vegetables	Baked Beans Sweetcorn	Garden Peas	Glazed Runner Beans	Sliced Carrots	Garden Peas BBQ Baked Beans
Snack Pot	Tomato Pasta Pot	Diced Potatoes with BBQ Sauce	Roast Vegetables with Mac	Spicy Noodle	Ricell Vegetables
Pudding	Banana Flap Jack	Chocolate b beetroot sponge	Fruit Crumble	Fruit Jelly	Vanilla Ice Cream
Sauce	Chocolate Sauce	Custard	Custard		Fresh Fruit S.