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26th September 2024

Dear Parent/ Guardian,

Please find attached a copy of the new Autumn Term 2024 dinner menu.

The new Dinner Menu is based on the usual 3 week rolling menu. Please sit down with your child and make your choice over the 3 weeks. Circle your child's choice of meal, over the 3 weeks and return back to the office. There are no sandwiches mentioned on the menu but if anyone really doesn't like the choice of the meal that day there is always an option of sandwiches, Ham, Tuna, Cheese or Jam, please mark this on your sheet.

The new menu started week commencing **Monday 28th October – Week 2** and will continue until April 2025.

Please note that the dinner menu for:-
w/c 28th October will be Week 2
w/c 4th November will be Week 3
w/c 11th November will be Week 1, etc

ALL Key Stage One children are entitled to a Free School Meal. If you wish to take up this entitlement please circle or highlight the menu choices and return to school. However, if your child does not want a school meal please send in a packed lunch.

For KS2 and Nursery children, the cost is **£2.60** per meal and payment should be paid in advance. The most secure and preferred way to pay would be through SCOPAY. Payments may also be paid by cheque (**payable to Lancashire County Council**) or cash. Occasionally I will send out email reminders.

Could I just remind everyone to please email or phone school before 9.00am if your child is going to be absent as I phone Carnforth Kitchen every morning with the day's numbers of meals around 9.30am, so it is important that if your child is going to be late, or is ill, that you contact the school. Because either your child's meal may be cancelled or you may be charged for a meal that your child won't be eating.

We hope that everyone will be happy with the new menu.

Yours faithfully,

Mrs J Taylor
Office Administrator



Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me – Philippians 4:13

NAME _____

MENU

Serving fantastic lunches everyday - All menus are planned to comply with School Food Standards and all new dishes are tested by children. Our meat is Red Tractor Farm Assured, our fish is MSC certified and we also use a number of Free Range products throughout the menu. There is always fresh fruit and salad, bread and locally produced yoghurt available daily.

Week 1

Week commencing
11th November
2nd December
23rd December
13th January
3rd February
24th February
17th March
7th April

Traditional Choice**Alternative Choice****Jacket & Sandwiches****Dessert****MONDAY**

Pork or Vegetarian Meatballs with Mild Chilli & Sweet Pepper Sauce Mixed Rice & Broccoli Florets

Macaroni & Cheese with Homemade Crusty Bread & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Toffee Bananas & Custard or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE TUESDAY

Lancashire Butter Pie with Garden Peas & Carrots or Baked Beans (v)

Loaded Vegetable Quesadilla with Herby Wedges & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Lancashire Cheese & Biscuits or Low Sugar Jelly

Fruit Selection & Milk

WEDNESDAY

Roast Chicken or Roast Quorn Fillet with Gravy and Roast Potatoes & Seasonal Vegetables

Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Raspberry Bun or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE THURSDAY

Booths Beef or Vegetarian Burger with Paprika Wedges, Sweetcorn & Tomato Ketchup

Pasta Twists & Tomato Sauce with Homemade Dough Balls & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Lemon Biscuit & Fruit Wedges or Low Sugar Jelly

Fruit Selection & Milk

FRIDAY FAVOURITES

Golden Crumb Fish Fingers with Oven Baked Chips Garden Peas or Baked Beans

Homemade Pizza Margherita with Oven Baked Chips Garden Peas or Baked Beans (v)

Choice of filled Sandwich Roll with Oven Baked Chips Vegetable Sticks & Dips

Cocoa Kraple Cakes

Fruit Selection & Milk

Week 2

Week commencing
28th October
18th November
9th December
30th December
20th January
10th February
3rd March
24th March
14th April

Traditional Choice**Alternative Choice****Jackets & Sandwiches****Dessert****MEAT FREE MONDAY**

Vegetarian Sausage Roll & Tomato Ketchup with Herby Potatoes & Baked Beans (v)

Loaded Pizza Pocket with Tortilla Chips Vegetable Sticks & Dips (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Toffee Traybake & Custard or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE TUESDAY

Crispy Chicken or Vegetable Burger in a Bun with Paprika Wedges Garden Peas & Sweetcorn

Pasta Spirals & Tomato Sauce with Homemade Dough Balls & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Vanilla Biscuit & Fruit Wedges or Low Sugar Jelly

Fruit Selection & Milk

WEDNESDAY

Booths Pork or Vegetarian Sausage Toad-in-the-Hole with Roast Potatoes, Seasonal Vegetables & Gravy

Oriental Vegetable Noodles with Spring Rolls & Sweet Chilli Sauce (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Strawberry Mousse or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE THURSDAY

Cooks Choice of Chicken or Vegetarian Curry with Mixed Rice & Naan Bread

Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Lancashire Cheese & Biscuits or Low Sugar Jelly

Fruit Selection & Milk

FRIDAY FAVOURITES

Harry Ramsden's Crispy Battered Fish with Oven Baked Chips & Musty Peas

Homemade Pizza Margherita with Oven Baked Chips Sweetcorn or Baked Beans (v)

Choice of filled Sandwiches with Oven Baked Chips Vegetable Sticks & Dips

Chocolate Cookie

Fruit Selection & Milk

Week 3

Week commencing
4th November
25th November
16th December
6th January
27th January
17th February
10th March
31st March
21st April

Traditional Choice**Alternative Choice****Jackets & Sandwiches****Dessert****MONDAY**

Big Brunch Booths Pork or Quorn Sausages Free Range Omelette Crispy Potatoes & Baked Beans

Golden Crumb Salmon Fillet Fingers with Crispy Potatoes Garden Peas & Sweetcorn

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Rice Pudding & Fruit Jam or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE TUESDAY

Savoury Beef or Quorn Mince & Dumplings with Mashed Potatoes & Seasonal Vegetables

Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Lancashire Cheese & Biscuits or Low Sugar Jelly

Fruit Selection & Milk

WEDNESDAY

Roast Chicken or Roast Quorn Fillet with Gravy and Roast Potatoes & Seasonal Vegetables

Vegetable & Chick Pea Curry with Mixed Rice & Naan Bread (v)

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Oaty Flapjack or Fruit Yoghurt

Fruit Selection & Milk

SUGARWISE THURSDAY

Puff Pastry Cheese Whirl with Herby Wedges & Baked Beans (v)

Spaghetti Bolognese with Homemade Dough Balls & Salad Selection

Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection

Shortbread Biscuit & Fruit Wedges or Low Sugar Jelly

Fruit Selection & Milk

FRIDAY FAVOURITES

Golden Crumb Fish Fingers with Oven Baked Chips Garden Peas or Baked Beans

Homemade Pizza Margherita with Oven Baked Chips Garden Peas or Baked Beans (v)

Choice of filled Sandwich Roll with Oven Baked Chips Vegetable Sticks & Dips

Chocolate Cupcake

Fruit Selection & Milk

F+ Autumn Winter 2024/25

While every effort is made to produce the published menus, please note that they may vary occasionally, subject to availability and individual school requirements. All our menus are checked using a recognised programme to analyse nutrition. We also work with Lancashire Healthy Schools and support the Change 4 Life campaign. The result is a menu your child will enjoy and that will prepare them for learning in the afternoon.