

Weyco Kitchen

Hot School Meals

Spring Term 2024 School Lunch Menu

Remember - orders need to be received by midnight Monday for the following week so any changes made after this time for that week will not be met.

FREE School Lunches

If your child is in Reception, Year 1 and Year 2 school lunches are FREE

If your child is in Years 3, 4, 5 or 6 they may be entitled to a free school lunch if you are in receipt of certain benefits

Please speak to the school office for further information or visit the Dorset Council website at www.dorsetcouncil.gov.uk/home.aspx to apply

1. Please note that we use low fat, low/reduced sugar, low salt ingredients where possible in items such as custard, mayonnaise and baked beans etc.
2. We use local butchers, bakers, fruit, vegetable and dairy suppliers within the Dorset area.
3. Many items on the menu include high quantities of items such as chickpeas, lentils and fresh vegetables that are not visible on the menu.
4. Whilst we try our hardest to be as accurate with allergens information as possible, we cannot guarantee to be 100% accurate.
5. If your child has allergies or dietary requirements please contact the school office.
6. Weyco Services do not consider butchered meat products from the Fantastic Sausage Factory in Weymouth as processed foods.
7. The menu is school food plan compliant.

Wyke Regis Primary Federation

Infants Tel: 01305 782470, Email: infooffice@wykeregisfed.dorset.sch.uk

Juniors Tel: 01305 786041, Email: junoffice@wykeregisfed.dorset.sch.uk

Menu Week 1 - Weeks Beginning 1st January, 29th January, 19th February & 18th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage Roll with Potato Croquettes	Chicken & Chorizo Penne with Garlic Bread	Mild Beef Three Bean Chilli Nachos	Roast Chicken with Roast Potatoes	Breaded Fish Fingers & Chips
Vegetarian	Plant Based Sausage Roll with Potato Croquettes	Creamy Quorn & Mushroom Penne with Garlic Bread	Mild Quorn Three Bean Chilli Nachos	Stuffed Courgette with Roast Potatoes	Quorn Fishless Fingers & Chips
Side Dish	Baked Beans	Side Salad	Guacamole & Tomato Salsa	Green Beans & Carrots	Peas
Jacket Potato	Spaghetti Hoops & Grated Cheese	Spaghetti Hoops & Grated Cheese	Spaghetti Hoops & Grated Cheese	Spaghetti Hoops & Grated Cheese	Spaghetti Hoops & Grated Cheese
Sweet	Shortbread Bear	Banana and Custard	Jam Doughnut	Fruit Salad	Chocolate Sponge with Chocolate Sauce
Alternative Sweet	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination

Menu Week 2 - Weeks Beginning 8th January, 5th February, 26th February & 25th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheeseburger with Sliced Potatoes	Mild Chicken Korma with Naan Bread	Spaghetti & Meatballs with Garlic Bread	Roast Pork & Roast Potatoes	Breaded Fish Fillet & Chips
Vegetarian	Vegetarian Cheeseburger with Sliced Potatoes	Quorn & Vegetable Korma with Naan Bread	Spaghetti & Veggie Meatballs with Garlic Bread	Nutless Roast & Roast Potatoes	Breaded Quorn Fillet & Chips
Side Dish	Sweetcorn	Vegetable Rice	Carrot Sticks	Carrots & Peas	Green Beans
Jacket Potato	Baked Beans & Grated Cheese	Baked Beans & Grated Cheese	Baked Beans & Grated Cheese	Baked Beans & Grated Cheese	Baked Beans & Grated Cheese
Sweet	Gingerbread	Pancake with a Berry Compote	Greek Yoghurt & Honey	Fruit Salad	Apple & Winter Berry Crumble
Alternative Sweet	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination	Fruit Pieces, Yoghurt or Combination

Menu Week 3 - Weeks Beginning 15th January & 4th March

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Sausage & Mash with Gravy

Macaroni Cheese with Bacon & Garlic Bread

Pepperoni Pizza with Coleslaw & Wedges

Roast Beef with Yorkshire Pudding & Roast Potatoes

Fish Fingers & Chips

Vegetarian

Quorn Vegetarian Sausage & Mash with Gravy

Macaroni Cheese & Garlic Bread

Cheese & Pineapple Pizza with Coleslaw & Wedges

Stuffed Pepper with Yorkshire Pudding & Roast Potatoes

Quorn Fishless Fingers & Chips

Side Dish

Peas

Carrot Sticks & Cucumber

Side Salad

Carrots & Cauliflower

Peas & Sweetcorn

Jacket Potato

BBQ Sausage & Grated Cheese

BBQ Sausage & Grated Cheese

BBQ Sausage & Grated Cheese

BBQ Sausage & Grated Cheese

BBQ Sausage & Grated Cheese

Sweet

Fruit Flapjack

Fruit Jelly

Swiss Roll

Fruit Salad

Carrot Cake

Alternative Sweet

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Menu Week 4 - weeks beginning 22nd January & 11th March

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Breaded Chicken Nuggets & Wedges

Beef Lasagne with Garlic Bread

Chicken in a Creamy Mushroom Sauce

Gammon Slice with New Potatoes

Fish Cake & Chips

Vegetarian

Vegan Nuggets & Wedges

Quorn Lasagne with Garlic Bread

Quorn in a Creamy Mushroom Sauce

Mushroom Crumble with New Potatoes

Veggie Bake & Chips

Side Dish

Baked Beans

Cucumber Sticks

Vegetable Rice

Carrots & Green Beans

Peas

Jacket Potato

Tuna Mayo & Grated Cheese

Tuna Mayo & Grated Cheese

Tuna Mayo & Grated Cheese

Tuna Mayo & Grated Cheese

Seafood Mayo & Grated Cheese

Sweet

Chocolate Crispie

Apple Crumble & Custard

Oatmeal & Raisin Cookie

Fruit Salad

Marmalade Sponge

Alternative Sweet

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruit Pieces, Yoghurt or Combination

Fruity Friends

Lunch Box Menu

Alphie

Lunch

Nut free

White Ham Sandwich

Red Apple

Mini Muffin

Fruit Yoghurt

Water

Bertie

Lunch

Nut free

Tuna Mayonnaise Wrap

Pear

Popcorn

Babybel Cheese

Water

Charlie

Lunch

Vegetarian & nut free

Grated Mild Cheddar in a
Brown Roll

Red Apple

Shortbread

Fruit Yoghurt

Water

Dannie

Lunch

Nut free, vegan, dairy free,
gluten free & vegetarian

Houmous with Vegetable
Sticks

Banana

Dried Fruit & Raisins

Fruit Jelly

Water

Drinks and School Trips - We currently provide water on the lunchtime table and find the packed lunch drinks are a little excessive for small children and damaging to the environment.

We have decided not to put them in years Reception, 1 and 2 packed lunches. We would like to continue as we are for years 3 and above and will keep the drinks in for school trips etc. If your child is due on a school trip their meal will change automatically to packed lunch "C".

Mexican Theme Day

Thursday 29th February

Chicken Fajita with Rice & Tortilla Bread
Quorn & Pepper Fajita with Rice & Tortilla Bread
Churros with Chocolate Dipping Sauce

Cost - meals are priced at £2.50

Payments / orders must be made in advance of any orders online with School Money Eduspot. If your child is absent the money cannot be refunded for meals that have already been ordered with the College as the school will be charged for them. Changes or cancellations can be made in advance online.

DTA

Dorset Training Academy

The Dorset Training Academy at Weymouth College deliver a range of comprehensive industry focussed short courses including First Aid, Food Safety, British Sign Language and Mental Health First Aid.

To find out more visit our website www.weymouth.ac.uk/subjects/professional-courses

Email dta@weymouth.ac.uk or call us on 01305 764748.