

# Weyco Kitchen Hot School Meals

## Autumn Term 2021 School Lunch Menu

Remember - orders to Weymouth College need to be received by Sunday for the following week (8 Days in advance) so any changes made after this time will not be sent



### 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 or 5 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 contact the Dorset Council website at [www.dorsetcouncil.gov.uk/home.aspx](http://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. The menu is school food plan compliant.

Conifers Primary School, Radipole Lane, Weymouth, Dorset DT4 0QF  
Tel: 01305 771289, Email: [finance@conifers.dorset.sch.uk](mailto:finance@conifers.dorset.sch.uk)

## Menu Week 1 - weeks beginning 6th September, 4th October, 1st November & 29th November

|                   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday                                       |
|-------------------|--|---|---|--|--|
| Main              | Mr Makers<br>Circle Burger with<br>Triangle Cheese in a<br>Square Roll with<br>Rectangle Chips | Beef & Vegetable<br>Chunks in Gravy<br>served with<br>Dumplings | Honey BBQ'd Pork<br>Steak with Roasted<br>Mini Potatoes | Roast Chicken with<br>Roast Potatoes, Gravy<br>& Stuffing Balls  | Fish Fingers served<br>with Chips            |
| Vegetarian        | Circle Veggie Burger<br>with Triangle Cheese<br>in a Wholemeal Roll<br>with Rectangle Chips    | Vegetable Chunks in<br>Gravy served with<br>Dumplings           | BBQ'd Vegetable Steak<br>with Roasted Mini<br>Potatoes  | Stuffed Pepper with<br>Roast Potatoes, Gravy<br>& Stuffing Balls | Fishless Fingers served<br>with Chips        |
| Side Dish         | Round Peas   | Mixed Veg   | Cauliflower & Broccoli                                  | Carrots & Green Beans  | Peas   |
| Jacket Potato     | Baked Beans &<br>Grated Cheese   | Baked Beans &<br>Grated Cheese                                  | Baked Beans &<br>Grated Cheese                          | Baked Beans &<br>Grated Cheese                                   | Baked Beans &<br>Grated Cheese               |
| Sweet             | Batman Biscuit   | Apple & Cinnamon<br>Crumble with Custard                        | Fruit Muffin  | Fruit Salad  | Orange Marmalade<br>Sponge with Custard      |
| Alternative Sweet | Fruit Pieces or<br>Yoghurt or<br>Combination   | Fruit Pieces or<br>Yoghurt or<br>Combination                    | Fruit Pieces or<br>Yoghurt or<br>Combination            | Fruit Pieces or<br>Yoghurt or<br>Combination                     | Fruit Pieces or<br>Yoghurt or<br>Combination |

## Menu Week 2 - weeks beginning 13th September, 11th October, 8th November & 6th December

|                   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|-------------------|---|---|---|---|--|
| Main              | Fantastic Sausages<br>with Mash Potatoes &<br>Gravy               | Tomato & Basil Meat<br>Feast Pasta with Garlic<br>Bread | Mild Kids Chicken<br>Curry with Onion<br>Bhajis   | Roast Beef with<br>Yorkshire Pudding,<br>Roast Potatoes, Gravy                  | Breaded Fishwich with<br>Shredded Lettuce in a<br>Soft Roll with Chips               |
| Vegetarian        | Red Onion &<br>Rosemary Sausages<br>with Mash Potatoes &<br>Gravy | Tomato & Basil<br>Vegetable Pasta with<br>Garlic Bread  | Mild Kids Vegetable<br>Curry with Onion<br>Bhajis | Wholemeal Vegetable<br>Tart with Yorkshire<br>Pudding, Roast<br>Potatoes, Gravy | Vegetable Nuggets<br>with Shredded Lettuce<br>in a Soft Wholemeal<br>Roll with Chips |
| Side Dish         | Peas  | Cherry Tomatoes   | Vegetable Rice                                    | Carrots & Broccoli  | Peas   |
| Jacket Potato     | Tuna Mayonnaise<br>& Grated Cheese                                | Tuna Mayonnaise<br>& Grated Cheese                      | Tuna Mayonnaise<br>& Grated Cheese                | Tuna Mayonnaise<br>& Grated Cheese  | Tuna Mayonnaise<br>& Grated Cheese   |
| Sweet             | Fruit Flapjack  | Yoghurt   | Apple Pie &<br>Custard                            | Fruit Salad   | Chocolate Sponge<br>with Chocolate Top   |
| Alternative Sweet | Fruit Pieces or<br>Yoghurt or<br>Combination                      | Fruit Pieces or<br>Yoghurt or<br>Combination            | Fruit Pieces or<br>Yoghurt or<br>Combination      | Fruit Pieces or<br>Yoghurt or<br>Combination                                    | Fruit Pieces or<br>Yoghurt or<br>Combination   |



## Menu Week 3 - weeks beginning 20th September, 18th October, 15th November & 13th December

|                   | Monday                                      | Tuesday                                       | Wednesday  | Thursday                               | Friday                                 |
|-------------------|---|---|--|--|--|
| Main              | Spaghetti Bolognaise with Garlic Bread      | Cowboy Beef Pie with New Potatoes             | Sticky Toffee Pork Meatballs with Pasta Shells in a Tomato Sauce | Pepperoni Pizza                        | Fish Fingers served with Chips         |
| Vegetarian        | Soya Spaghetti Bolognaise with Garlic Bread | Cowboy Soya & Vegetable Pie with New Potatoes | Sticky Vegetables with Wholemeal Pasta in a Tomato Sauce         | Cheese & Tomato Pizza                  | Fishless Fingers served with Chips     |
| Side Dish         | Side Salad                                  | Broccoli & Carrots                            | Cherry Tomatoes  | Coleslaw & Salad                       | Peas                                   |
| Jacket Potato     | Spaghetti Hoops & Grated Cheese             | Spaghetti Hoops & Grated Cheese               | Spaghetti Hoops & Grated Cheese                                  | Seafood Mayonnaise                     | Spaghetti Hoops & Grated Cheese        |
| Sweet             | Jam Doughnut                                | Yoghurt                                       | Dorset Apple Cake  | Fruit Salad                            | Lemon Meringue Pie                     |
| Alternative Sweet | Fruit Pieces or Yoghurt or Combination      | Fruit Pieces or Yoghurt or Combination        | Fruit Pieces or Yoghurt or Combination                           | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination |

## Menu Week 4 - weeks beginning 27th September & 29th November

|                   | Monday                                 | Tuesday   | Wednesday  | Thursday  | Friday                                       |
|-------------------|--|---|--|---|--|
| Main              | Cottage Pie                            | Mozzarella topped Chicken & Green Pesto Pasta with Dough Balls    | Breaded Chicken Burger in a Bun with Fruity Coleslaw   | Glazed Honey Roast Gammon Ham with Roasted Potatoes & Gravy | Breaded Cod Dippers with Chips               |
| Vegetarian        | Soya Cottage Pie                       | Mozzarella topped Vegetables & Green Pesto Pasta with Dough Balls | Breaded Vegetable Burger in a Bun with Fruity Coleslaw | Mushroom & Stilton Wellington with Roasted Potatoes & Gravy | Warmed Wholemeal Vegetable Quiche with Chips |
| Side Dish         | Carrots & Cauliflower                  | Cherry Tomatoes   | Onion Rings  | Carrots & Green Beans                                       | Peas   |
| Jacket Potato     | Grated Cheese & BBQ Sausage            | Grated Cheese & BBQ Sausage                                       | Grated Cheese & BBQ Sausage                            | Grated Cheese & BBQ Sausage                                 | Grated Cheese & BBQ Sausage                  |
| Sweet             | Fruit Cake Slice                       | Apple & Black Forest Crumble                                      | Fruit Salad  | Danish Pastry   | Sticky Toffee Pudding with Custard           |
| Alternative Sweet | Fruit Pieces or Yoghurt or Combination | Fruit Pieces or Yoghurt or Combination                            | Fruit Pieces or Yoghurt or Combination                 | Fruit Pieces or Yoghurt or Combination                      | Fruit Pieces or Yoghurt or Combination       |

# Fruity Friends

## Lunch Box Menu



### Alphie

Lunch

Nut Free

White Ham Sandwich

Apple

Vegetable Bag

Cookie

Yoghurt

Drink

### Bertie

Lunch

Vegan, Vegetarian,  
Nut Free

Sausage Roll

Satsuma

Vegetable Bag

Dried Fruit & Raisins

Fruit Jelly

Drink

### Charlie

Lunch

Vegetarian, Nut Free

Sliced Cheese in a  
Brown Roll

Apple

Vegetable Bag

Jaffa Cake

Yoghurt

Drink

### Dannie

Lunch

Vegetarian, Dairy Free

Hummus with Pitta  
Bread

Pear

Vegetable Bag

Popcorn

Fruit Jelly

Drink

### Ellie

Lunch

Gluten Free &  
Nut Free

Tuna Sandwich

Banana

Vegetable Bag

Danish Pastry

Fromage Fraise

Drink

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".



### Christmas Menu

Roast Turkey, Roast Potatoes,  
Pigs in Blankets, Carrots, Sprouts  
& Gravy

Vegetarian Option

Chocolate slice, Chocolate Sauce  
& Squirty Cream

Cracker, Hat & Juice also supplied



Cost - Meals are priced at £2.45

Payment must be made in advance of any orders, they can be made weekly or in full via SCOPay.

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, Microsoft Excel and Mental Health First Aid.

To find out more visit our website [www.weymouth.ac.uk/subjects/professional-courses](http://www.weymouth.ac.uk/subjects/professional-courses)

Email [dta@weymouth.ac.uk](mailto:dta@weymouth.ac.uk) or call us on 01305 764748.

### Summer Holidays Activities at Redlands Community Sports Hub

Monday – Friday 9.00am – 5.00pm

£16.00 per day

Exclusively for children aged 6-12.

A wide range of activities including multisports, mini games, arts & crafts and much, much, more!

Please call 01305 813113, email [redlands@weymouth.ac.uk](mailto:redlands@weymouth.ac.uk) or follow our Facebook page [www.facebook.com/redland-scommunitysportshub](http://www.facebook.com/redland-scommunitysportshub) for more information.