

Nunthorpe School

SCHEDULE of SERVICES

MORNING BREAK

11.00am - 11.20am

*As above, with the addition of, Pizza Triangle, Jam & Bread, Toasted Panninis, Pre Packed Sandwiches, Veg Crudités & Dips, Seeds, Nuts & Dried Fruit, Fresh Fruit Salad
PLUS FOUR ADDITIONAL ITEMS, CHANGED DAILY*

LUNCH

12.20pm - 1.00pm

DAILY MENU CHOICE

*Two Hot Main Courses, including a Vegetarian option, with Vegetables & Potatoes/Rice/Pasta to compliment as appropriate
Deli Bar selling Baguettes/Baps/jackets/Salads
Jacket Potatoes with Hot & Cold fillings
Selection of Salads
Cold Sandwich Range
Pizza Slice
Pasta King
Hot & Cold Desserts
Fresh & Dried Fruit
Seeds & Nuts*

VENDING

*Hot Beverages to include Speciality Coffees & Teas and Hot Chocolate
Cold Plain & Fruit Waters, Plain & Flavoured Milk & Smoothies*

MORNING TARIFF

ITEM	PRICE GUIDE	
	STUDENT	ADULT
TOAST & FLORA	£0.25	£0.30
HALF TOASTED TEACAKE & FLORA	£0.25	£0.30
TOASTED FRUIT BREAD & FLORA	£0.25	£0.30
TOASTED CRUMPET & FLORA	£0.25	£0.30
BACON BUN	£0.90	£0.05
SLICE JAM & BREAD	£0.30	£0.35
SLICE PEANUT BUTTER & BREAD	£0.35	£0.40
SLICE CHEESE ON TOAST	£0.50	£0.55
PIZZA TRIANGLE	£0.90	£1.05
PIZZA BAP	£0.90	£1.05
PIZZA WRAP	£0.90	£1.05
HOT CHOCOLATE	£0.50	£0.55
BREAD ROLL	£0.35	£0.40
CROSSIANT/DANISH PASTRY	£0.65	£0.75
FLORA/BUTTER PORTION	£0.10	£0.10
SAUCE PORTIONS	£0.10	£0.10
FRESH FRUIT	£0.35	£0.40
DOUGHNUTS	£0.45	£0.50
YOGHURT	£0.50	£0.60
MUSELI POTS/FRESH FRUIT SALAD POTS	£0.65	£0.75
DRIED FRUIT	£0.45	£0.50
NURS/SEEDS	£0.40	£0.45
CHEESE or TUNA PASTA POTS	£0.65	£0.75
FRESH VEG CRUDITES	£0.40	£0.45
DIPS	£0.15	£0.15
FRESH VEG CRUDITES & DIP	£0.55	£0.60
PANINIS	£1.70	£1.95
PRE PACKED SANDWICHES wedges, wraps, buns FROM	£1.45	£1.60
DRINKS		
FRUIT JUICE CUPLET	£0.30	£0.35
CALYPSO CARTON SMALL	£0.50	£0.65
LARGE FLAVOURED WATER 500ml	£0.90	£1.05
SMALL FLAVOURED WATER 330ml	£0.70	£0.90
MILK (carton)	£0.55	£0.60

LUNCH TARIFF

ITEM	PRICE GUIDE	
	STUDENT	ADULT
MEAL DEAL	£2.00	£2.30
DISH OF THE DAY	£1.45	
DISH OF THE DAY WITH VEG	£1.70	
VEGETABLES/BAKED BEANS	£0.30	
POTATOES	£0.40	
FRESH FRUIT	£0.35	
DRIED FRUIT	£0.45	
NUTS/SEEDS	£0.40	
YOGHURT	£0.45	
SAUCE PORTIONS	£0.10	
PASTA KING	£1.70	
PIZZA SLICE	£0.90	
BOXED SALADS/PASTA large	£1.45	
CHEESE or TUNA PASTA POTS	£0.65	
MUSELI POTS/FRESH FRUIT SALAD POTS	£0.65	
TUNA or CHEESE PORTION	£0.45	
PASTA POT small	£0.65	
PASTA POT large	£1.45	
JACKET POTATO plain	£0.70	
JACKET POTATO fillings	£1.15	
FLORA/BUTTER PORTION	£0.10	
PIZZA	£0.90	
PANINIS	£1.70	
PLAIN PASTA	£0.90	
HOT WRAP/BAGUETTE/BAP/PITTA	£1.50	
PRE PACKED SANDWICHES wedges, wraps, buns	FROM £1.45	
DELI ROLLS	£1.85	
FLAP JACKS	£0.50	
HOMEMADE CAKE	£0.50	
HOMEMADE BISCUITS	£0.45	
DRINKS		
FRUIT JUICE CUPLET	£0.30	
SMALL FLAVOURED WATER	£0.70	
LARGE FLAVOURED WATER	£0.90	
MILK (carton)	£0.55	
CALYPSO	£0.50	
DOUGHNUTS, MUFFINE, ICED BUNS, COOKIES	£0.45	
FLAP JACK	£0.50	
CHOCOLATE COATED SQUARE	£0.55	
RICE CRISPIE SQUARE	£0.40	

NUNTHORPE SCHOOL

INCLUSIVE MEALS for £2.00 (£2.30 Adult)

HOT

Any main course with vegetables or salad and potatoes, rice or pasta to compliment, plus a hot dessert or a small homemade biscuit & fruit cuplet drink

DELI MEAL DEAL

Any 'DELI' sandwich or filled jacket potato, a small homemade biscuit, plus a fruit cuplet drink

SANDWICH/PACKED LUNCH

Any pre-packed sandwich, a home bake and a fruit cuplet drink

HOT SPUD

Tuna or cheese filled jacket potato with salad, plus a home bake and a fruit cuplet drink.

SALAD

Large boxed salad, plus any dessert or small homemade biscuit & fruit cuplet drink

PASTA POT

Large pasta pot, plus any dessert or small homemade biscuit & fruit cuplet drink

CRUSTY BAGUETTES



£1.85 (£2.15 Adult)

*A freshly Baked Baguette; choose your filling from todays display
All baguettes include Salad*

Classic BLT
Prawns Marie Rose
Roast Chicken
Flaked Tuna & Apple
Tuna & Mayonnaise
Tuna & Apple
Roast Beef, Tomato & Onion
Roast Beef & Cheddar
Brie & Cranberry
Brie & Grape
Egg & Cress
Sliced Cheddar & Pickle
Cheese Savoury
Ham & Cream Cheese
Cheddar Cheese with Onion
Baked Ham
Roast Lamb
Roast Beef
Roast Turkey

Chicken & Bacon Mayo
Tuna & Sweet corn
Baked Ham Salad
Ham & Sliced Egg
Tuna & Sweet corn
Roast Beef & Horseradish
Corned Beef, Onion & Tomato
Mozzarella, Red Onion & Basil
Sliced Egg Salad
Egg & Tomato
Peanut Butter & Banana
French Salad
Smoked Salmon & Cream Cheese
Chinese Chicken
Tandoori Chicken
Chilli Chicken
Ham & Cheddar
Roast Pork
Seafood Cocktail



A minimum choice of SIX of the above fillings will be available on a daily basis.

Don't fancy bread, swap for a Hot Baked Potato or fill a box with Salad

SANDWICHES



£1.45 (£1.65 Adult)



*Egg & Cress
Egg & Tomato
Peanut Butter & Jelly
Cheese Savoury
Cheddar Cheese
Cheese & Pickle
Tuna Savoury
Tuna & Sweet corn
Corned Beef, Tomato and Onion
French Salad
Ham & Tomato
Ham Salad
Turkey & Cranberry
Chicken and Sage & Onion Stuffing
Chicken Tikka
Chilli Chicken
Seafood Cocktail*



A minimum choice of SIX of the above fillings will be available on a daily basis

Nunthorpe School

Dish of the Day

All dishes are served with rice, pasta or a potato accompaniment.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal in a Bowl	<p>Minced Beef & Dumplings</p> <p>Savoury Mince with Onion & Mushrooms Served with Mini Herb Dumplings.</p>	<p>Spicy Cajun Chicken</p> <p>Strips of Chicken, Mushrooms and Peppers Marinated in Tex Mex spices & served with rice.</p>	<p>Beef Casserole</p> <p>Tender Diced Beef topped with Pastry Cobbler accompanied with Roast Potatoes.</p>	<p>Pork Risotto</p> <p>Pork & Roasted Garlic cooked with Arborio Rice.</p>	<p>Chicken Lasagne</p> <p>Chicken, marinated in Garlic, layered in a rich Tomato Sauce and pasta topped with a Béchamel Sauce.</p>

The meal choices above are coloured according to "Traffic Lights". **RED** for **STOP**, **AMBER** for **THINK**, **GREEN** for **GO**. The colours indicate the Healthier Option in that particular day; this will take in to consideration saturated fat content and protein & carbohydrate content.

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Dish of the Day

All dishes are served with rice, pasta or a potato accompaniment.

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meal in a Bowl	<p>Pasta Bolognaise</p> <p>Minced Beef with Tomato & Onions served with Penne Pasta.</p>	<p>Szechuan Chicken</p> <p>Spicy Tomato Sauce, Chinese Five Spice and Tender Strips of Chicken served with Rice.</p>	<p>Hungarian Goulash</p> <p>Tender Diced Lamb with Paprika, Onions & Tomato.</p>	<p>Lamb Rogan Josh</p> <p>Tender Lamb in Mild Indian Spices with Garlic, Cumin, Onions & Rice.</p>	<p>Fish & Chips</p> <p>Bite Size Cod in Crispy batter served with Diced Potatoes & Mushy Peas.</p>

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Dish of the Day

All dishes are served with rice, pasta or a potato accompaniment.

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meal in a Bowl	<p>Spaghetti Bolognaise</p> <p>Minced Beef with Italian Herbs, Tomato & Garlic served on Spaghetti.</p>	<p>Sausage Casserole</p> <p>Plump Pork Sausage in Rich Gravy served with Yorkshire Pudding.</p>	<p>Chicken Tikka Massala</p> <p>Marinated Chicken with Coriander, Yoghurt and Tomato served with Naan Bread.</p>	<p>Pork Stroganoff</p> <p>Strips of Pork in a Cream and Mushroom Sauce served with Tagliatelle Pasta.</p>	<p>Goujons of Fish</p> <p>Strips of Fish in Light Crispy Batter served with Fries.</p>

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