



Sylvesters School Menu



Please see your kitchen team for any dietary requirements.

Monday		Tuesday		Wednesday		Thursday		Friday	
Week one	Main 1	Salmon and broccoli in a creamy sauce served with pasta and salad <i>Allergens: Fish, Cereals containing Gluten</i>	Crispy southern fried chicken goujons wrap served with oven cooked wedges and salad <i>Allergens: Celery, Milk, Mustard, Cereals containing Gluten</i>	Sausage, scrambled egg, hash brown, mushrooms, beans served with toast / barm <i>Allergens: Eggs, Milk, Cereals containing Gluten, Sulphur Dioxide & Sulphites, Soya</i>	Farm Assured roast chicken, roast potatoes, yorkshire pudding, gravy and seasonal vegetables <i>Allergens: Cereals containing Gluten, Eggs, Milk</i>	Harry Ramsden's fish fillet, chips and beans or peas <i>Allergens: Fish, Cereals containing Gluten</i>			
	Main 2 (Veggie)	Creamy tomato and roasted red pepper fusilli <i>Allergens: Cereals containing Gluten, Milk</i>	Halloumi fajita served with oven cooked wedges and salad <i>Allergens: Cereals containing Gluten, Mustard, Milk</i>	Veggie sausage, scrambled egg, hash brown, mushrooms, beans served with toast/barm <i>Allergens: Eggs, Milk, Cereals containing Gluten, Sulphur Dioxide & Sulphites, Soya</i>	Quorn chicken, roast potatoes, yorkshire pudding, gravy & seasonal vegetables <i>Allergens: Egg, Milk, cereals containing Gluten</i>	Freshly made Spanish Omelette served with salad <i>Allergens: Cereals containing Gluten</i>			
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>			
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>			
	Desserts	Apple flavoured flapjack <i>Allergens: Cereals containing Gluten, May Contain: Eggs, Milk, Soya</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Cookie with Vanilla Ice cream flavoured milk shake <i>Allergens: Cereals containing Gluten, Eggs, Milk, May Contain: Soya</i>		
Week two	Main 1	Ravioli in a tomato sauce served with wedges and crusty bread <i>Allergens: Cereals containing Gluten, Celery</i>	Spaghetti Bolognese served with garlic bread <i>Allergens: Cereals containing Gluten</i>	Tikka Masala curry & rice served with naan bread <i>Allergens: Contains: Milk, Eggs, Cereals containing Gluten</i>	Farm Assured Beef, Mash, yorkshire pudding, gravy and seasonal vegetables <i>Allergens: Cereals containing Gluten, Eggs, Milk</i>	Fish Fingers homestyle cooked chips beans or Spaghetti Hoops <i>Allergens: Fish, Cereals containing Gluten</i>			
	Main 2 (Veggie)	Cheese and onion quiche served with salad <i>Allergens: Milk, Egg</i>	Cauliflower cheese & jacket potato <i>Allergens: Wheat, Milk</i>	Vegetable curry served with naan bread <i>Allergens: Soya, Cereals containing Gluten, Milk, Eggs</i>	Quorn beef steak, mash, yorkshire pudding, gravy and seasonal vegetables <i>Allergens: Cereals containing Gluten, Eggs, Milk</i>	Quorn chicken nuggets with chips, beans or spaghetti hoops <i>Allergens: Cereals containing Gluten</i>			
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>			
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) with salad selection <i>Allergens: Fish, Mustard, Milk, Eggs</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>			
	Desserts	Chocolate brownie <i>Allergens: Cereals containig Gluten, Egg, Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Iced topped school cake served with custard <i>Allergens: Milk, May Contain: Cereals containing Gluten, Eggs, Soya</i>			
Week three	Main 1	Meatballs in a rich creamy and herb sauce with Spaghetti and garlic bread <i>Allergens: Cereals containing Gluten</i>	Chicken Enchiladas with peppers,sweetcorn, onion in a mild chilli sauce served with rice, nachos & salad <i>Allergens: Cereals containing Gluten</i>	Homemade Lasagne served wit garlic bread and salad <i>Allergens: Cereals containing Gluten, Eggs, Milk, Mustard, Soya May contain: Celery</i>	Roast chicken served with roast potatoes, Yorkshire pudding, gravy and seasonal vegetables <i>Allergens: Cereals containing Gluten, Eggs, Milk</i>	Harry Ramsden's fish fillet served with oven cooked chunky chips and beans <i>Allergens: Cereals containing Gluten, Fish</i>			
	Main 2 (Veggie)	Cheese and Onion pie <i>Allergens: Cereals containing Gluten May contain: Eggs, Milk, Soya</i>	Veggie Enchiladas served with rice, nachos and salad <i>Allergens: Cereals containing Gluten</i>	Vegetable Lasagne served with garlic bread and salad <i>Allergens: Eggs, Milk, Cereals containing Gluten, Soya</i>	Macaroni cheese <i>Allergens: Cereals containing Gluten, Milk</i>	Cheese and pepper quiche served with jacket potato & salad <i>Allergens: Eggs, Milk</i>			
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection <i>Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard</i>			
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection <i>Allergens: Fish, Mustard, Milk, Egg</i>			
	Desserts	Ice cream pot <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Fruit / Yoghurt <i>Allergens: Milk</i>	Jelly topped with cream served with fruit <i>Allergens: Milk</i>			

Available daily: Fresh Fruit, Yoghurt, Water and Milk.

denotes a healthy choice meal (all sandwich and jacket potato options are healthy choice).

November 2025

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2025

M	T	W	T	F	S	S
	1	2	3	4	5	6
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2026

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

March 2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2026

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Week One Week Two Week Three