













**RIPPLEVALE**  
SCHOOL

# Ripplevale School Menu - Week 1

| Drinks  | Monday   | Tuesday  | Wednesday  | Thursday   | Daily Options  |
|---|--|--|--|--|--|
| Selection of Squashes<br><br>Water<br> | <b>Main Meal</b><br>Sausage<br><br>With Mash & Peas<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Ice Cream<br> | <b>Main Meal</b><br>Chicken Curry<br><br>With Bang Bang Cauliflower, Nann<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Jelly Pot<br> | <b>Main Meal</b><br>Roast Beef<br><br>With Roast Potatoes & Vegetables<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Fruit Pot<br> | <b>Main Meal</b><br>Lasagne<br><br>With Salad Crusty Bread<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Mousse<br> | <b>Jacket Potato</b><br><br>Cheese, Beans, Coleslaw or Tuna<br><br><br><br><br> |

All our meals are cooked fresh in our school kitchen every day. The majority of meals are homemade using locally sourced ingredients.

All of our fruit and vegetables come from Walmer Court farm Shop in Walmer, our meat from Salvatori Butchers in Whitstable and all of our other ingredients from Q Catering Supplies in Sittingbourne.

[www.walmercourtfarmshop.co.uk](http://www.walmercourtfarmshop.co.uk)




















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# Ripplevale School Menu - Week 2

| Drinks  | Monday   | Tuesday   | Wednesday   | Thursday  | Daily Options  |
|---|--|---|---|---|--|
| Selection of Squashes<br><br>Water<br> | <b>Main Meal</b><br>Chicken & Bacon Carbonara<br><br>Salad & Crusty Bread<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Ice Cream<br> | <b>Main Meal</b><br>Fish Fillet, sauce<br><br>With Wholegrain Rice Peas, corn, salad<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Jelly Pot<br> | <b>Main Meal</b><br>Roast Chicken<br><br>With Roast Potatoes & Vegetables<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Fruit Pot<br> | <b>Main Meal</b><br>Beef Pie<br><br>With Diced Potatoes, Veg Mushroom gravy<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Mousse<br> | <b>Jacket Potato</b><br>Cheese, Beans, Coleslaw or Tuna<br>     |

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# Ripplevale School Menu - Week 3

| Drinks  | Monday  | Tuesday  | Wednesday   | Thursday   | Daily Options   |
|---|---|--|---|--|---|
| Selection of Squashes<br><br>Water<br> | <b>Main Meal</b><br>Breaded Chicken Wrap<br><br>With Wholegrain Rice, Salsa & Salad<br><br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Ice Cream<br><br><br> | <b>Main Meal</b><br>Fish<br><br>With Lyonnaise Potatoes & Peas<br><br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Jelly Pot<br><br><br> | <b>Main Meal</b><br>Roast Gammon<br><br>With Roast Potatoes & Vegetables<br><br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Fruit Pot<br><br><br> | <b>Main Meal</b><br>Creamy Beef Noodles<br><br>With Veg Melody<br><br><b>Dessert</b><br>Fresh Fruit, Yogurt or Mousse<br><br><br> | <b>Jacket Potato</b><br>Cheese, Beans, Coleslaw or Tuna<br><br><br><br><br> |
















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# Ripplevale School Menu - Week 4

| Drinks   | Monday   | Tuesday  | Wednesday  | Thursday   | Daily Options   |
|--|--|--|--|--|---|
| <p>Selection of Squashes</p>  <p>Water</p>  | <p><b>Main Meal</b><br/>Beef Chilli</p>  <p>With Wholegrain Rice<br/>Nachos Corn salad</p>  <p><b>Dessert</b><br/>Fresh Fruit, Yogurt or Ice Cream</p>  | <p><b>Main Meal</b><br/>Lemon Chicken</p>  <p>With Noodles &amp; Stir Fry<br/>Vegetables</p>  <p><b>Dessert</b><br/>Fresh Fruit, Yogurt or Jelly Pot</p>  | <p><b>Main Meal</b><br/>Roast Turkey</p>  <p>With Roast Potatoes &amp;<br/>Vegetables</p>  <p><b>Dessert</b><br/>Fresh Fruit, Yogurt or Fruit Pot</p>  | <p><b>Main Meal</b><br/>Spaghetti Bolognese</p>  <p>With Crusty Bread Salad</p>  <p><b>Dessert</b><br/>Fresh Fruit, Yogurt or Mousse</p>  | <p><b>Jacket Potato</b></p> <p>Cheese, Beans, Coleslaw or Tuna</p>  |

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# Ripplevale School Menu - Week 5

| Drinks  | Monday  | Tuesday  | Wednesday  | Thursday   | Daily Options   |
|---|---|--|--|--|---|
| <p>Selection of Squashes</p>  <p>Water</p>  | <p><b>Main Meal</b></p> <p>Pork Meaball Creamy Tomato Sauce</p>   <p>With Pasta &amp; Salad Bread</p>   <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Ice Cream</p>    | <p><b>Main Meal</b></p> <p>Oily Fish</p>  <p>With New Potatoes Mushy Peas</p>   <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Jelly Pot</p>    | <p><b>Main Meal</b></p> <p>Roast Beef</p>  <p>With Roast Potatoes &amp; Vegetables</p>   <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Fruit Pot</p>    | <p><b>Main Meal</b></p> <p>Sweet &amp; Sour Chicken</p>  <p>With Wholegrain Rice Prawn Crackers Stir Fry Veg</p>    <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Pousse</p>    | <p><b>Jacket Potato</b></p> <p>Cheese, Beans, Coleslaw or Tuna</p>      |

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# Ripplevale School Menu - Week 6

| <b>Drinks</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Daily Options</b>  |
|---|---|---|--|--|---|
| <p>Selection of Squashes</p>  <p>Water</p>  | <p><b>Main Meal</b></p> <p>Sausage, Tomato &amp; Basil</p>  <p>With Pasta 'N' Sauce &amp; Mediterranean Veg,</p>  <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Ice Cream</p>  | <p><b>Main Meal</b></p> <p>Beef Quesadilla</p>  <p>With Wholegrain Rice Corn</p>  <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Jelly Pot</p>  | <p><b>Main Meal</b></p> <p>Roast Pork</p>  <p>With Roast Potatoes &amp; Vegetables</p>  <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Fruit Pot</p>  | <p><b>Main Meal</b></p> <p>Chicken Pie</p>  <p>New Potatoes &amp; Vegetables</p>  <p><b>Dessert</b></p> <p>Fresh Fruit, Yogurt or Mousse</p>  | <p><b>Jacket Potato</b></p> <p>Cheese, Beans, Coleslaw or Tuna</p>  |

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