















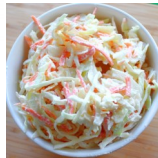















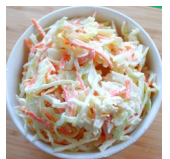





Ripplevale School Menu - W/C 5/1/22

Drinks	Monday	Tuesday	Wednesday	Thursday	Daily Options
<div>Selection of Squashes</div> <div></div>	<div>Main Meal</div> <div>Pizza</div> <div></div> <div>with Potato Wedges & Salad</div> <div></div>	<div>Main Meal</div> <div>Chicken Curry</div> <div></div> <div>with Rice & Naan</div> <div></div>	<div>Main Meal</div> <div>Steak Pie</div> <div></div> <div>With Mash potato & Carrots</div> <div></div>	<div>Main Meal</div> <div>Roast Gammon</div> <div></div> <div>with Roast Potatoes & Vegetables</div> <div></div>	<div>Jacket Potato</div> <div>Cheese, Beans or Coleslaw</div> <div></div>
	<div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div></div> <div></div> <div></div>
	<div>Water</div> <div></div>				

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.

Ripplevale School Menu - W/C 10/01/22

<i>Drinks</i>	Monday	Tuesday	Wednesday	Thursday	<i>Daily Options</i>
Selection of Squashes 	Main Meal Sausages  with Mash Potato, Peas or Beans 	Main Meal Spaghetti Carbonara (Bacon)  with Sweetcorn / Green Beans 	Main Meal Beef Stew  with Dumplings & Veg 	Main Meal Roast Chicken  with Roast Potatoes & Vegetables 	Jacket Potato Cheese, Beans or Coleslaw    
Water 	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	

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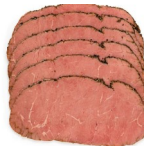



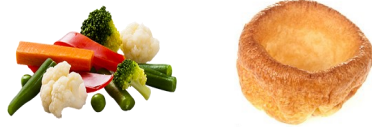





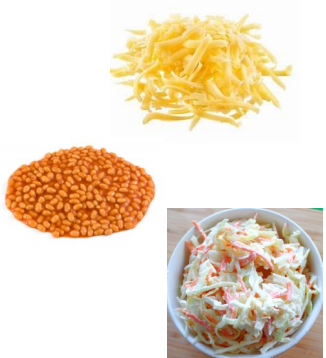

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Drinks	Monday	Tuesday	Wednesday	Thursday	Daily Options
<div>Selection of Squashes</div> <div></div> <div>Water</div> <div></div>	<div>Main Meal</div> <div>Sausage Tomato & Basil Pasta</div> <div></div> <div>with Crusty Bread</div> <div></div> <div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Main Meal</div> <div>Chilli</div> <div></div> <div>with Rice & Nachos</div> <div></div> <div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Main Meal</div> <div>Chicken & Bacon Pie</div> <div></div> <div>with New Potatoes & Veg</div> <div></div> <div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Main Meal</div> <div>Roast Pork</div> <div></div> <div>with Roast Potatoes & Vegetables</div> <div></div> <div>Dessert</div> <div>Fresh Fruit or Yogurt</div> <div></div>	<div>Jacket Potato</div> <div>Cheese, Beans or Coleslaw</div> <div></div> <div></div> <div></div> <div></div>

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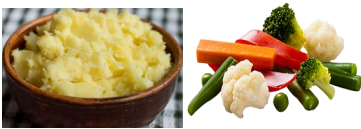












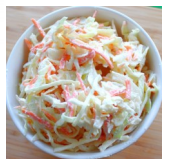
Ripplevale School Menu - W/C 24/1/22

Drinks	Monday	Tuesday	Wednesday	Thursday	Daily Options
Selection of Squashes 	Main Meal Fish goujons 	Main Meal Chicken Fajitas 	Main Meal Lasagne 	Main Meal Roast Beef 	Jacket Potato
	with Skin on fries, coleslaw, salsa & Salad 	with Potato Wedges & Salad 	with Salad & Crusty Bread 	with Roast Potatoes, Vegetables & Yorkshire Pudding 	
	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	Dessert Fresh Fruit or Yogurt 	
Water 					

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Ripplevale School Menu - W/C 31/1/22


















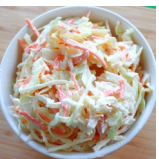
Drinks	Monday	Tuesday	Wednesday	Thursday	Daily Options
Selection of Squash-  Water 	Main Meal Toad in the hole  with Mash Potato & Veg  Dessert Fresh Fruit or Yogurt 	Main Meal Chicken  with Savoury rice/Wholemeal Rice & Salad  Dessert Fresh Fruit or Yogurt 	Main Meal Spaghetti Bolognaise  Dessert Fresh Fruit or Yogurt 	Main Meal Roast Gammon  with Roast Potatoes & Vegetables  Dessert Fresh Fruit or Yogurt 	Jacket Potato Cheese, Beans or Coleslaw    

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Ripplevale School Menu - Week 7

<i>Drinks</i>	Monday	Tuesday	Wednesday	Thursday	<i>Daily Options</i>
Selection of Squashes  Water 	Main Meal Beef Burger (with/without cheese)  With Sweet Potato Fries/Chips & Salad  Dessert Fresh Fruit or Yogurt 	Main Meal Nando Chicken  with Pitta bread & Mexican Rice  Dessert Fresh Fruit or Yogurt 	Main Meal  with Cheesy mash & Veg  Dessert Fresh Fruit or Yogurt 	Main Meal Roast Pork  with Roast Potatoes & Veg  Dessert Fresh Fruit or Yogurt 	Jacket Potato Cheese, Beans or Coleslaw    

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