PRIMARY SCHOOL LUNCH MENU

Monday

Cheese and Tomato Pizza (v) Chips • Coleslaw

Quorn Keema Curry(v) Savoury Rice • Cauliflower

Sandwich Selection (v)

Jacket Potato • Choice of Filling Cheese, Baked Beans (v)

Frozen Flavoured Yoghurt

Tuesday

Lasagne • Garlic & Herb Bread Garden Peas

BBQ Quorn Fillet (v)

Seasoned Potato Wedges Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

Flapjack with Custard

Wednesday

Mince and Dumplings Creamed Potatoes • Broccoli

Meat Free Cheeseburger(v) in Bun Chips • Sweetcom

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> Melting Moment Biscuit Chilled Drink

Thursday

Roast Pork • Sage and Onion Stuffing Baby Boiled Potatoes • Carrots

Lentil and Vegetable Soup (v) Cheesy Crouton

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> Chocolate Cake with Chocolate Sauce

Friday

Salmon or Cod Fish Fingers Oven Roast Potatoes • Beetroot

Cheese and Onion Quiche (v) Oven Roast Potatoes • Garden Peas

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

Strawberry Cupcake Chilled Drink

Week 1

28 February 22 6 September 21 27 September 21 21 March 22

18 October 21 25 April 22 15 November 21 16 May 22 6 December 21

10 January 22 31 January 22

13 June 22 4 July 22

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Monday

Macaroni Cheese (v) • Focaccia Bread Garden Peas

Vegetable Fingers(v) • Tomato Ketchup Seasoned Wedges • Garden Peas

Sandwich Selection (v)

Jacket Potato • Choice of Filling Cheese, Baked Beans (v)

> Madeleine Sponge with Custard

Tuesday

Baked Low Fat Pork Sausages Creamed Potatoes • Broccoli

Chinese Style Vegetable Curry (v) (vg) Steamed Rice or Egg Noodles

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> Lemon Drizzle Cake with Custard

Wednesday

Spaghetti Bolognese • Garlic Bread Sweetcom

Cheese Omelette (v) • Hash Browns **Baked Beans**

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> Chocolate Banana Muffin Chilled Drink

Thursday

Roast Chicken Fillet • Yorkshire Pudding • Oven Roast Potatoes Savoy Cabbage

Tuna or Cheese Tortilla Wedge(v) Oven Roast Potatoes • Coleslaw

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> Ice Cream Tub with Shortbread Finger

Friday

Cod Fishcake • Chips Spaghetti Hoops

Quorn and Vegetable Pie (v) Mashed Potatoes • Carrots

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

> **Anzac Biscuit** Chilled Drink

Week 2

7 March 22 13 September 21 4 October 21 28 March 22

1 November 21 22 November 21 13 December 21

17 January 22

7 February 22

23 May 22 20 June 22 11 July 22

2 May 22

Monday

Pasta Pomodoro(v) • Garlic Bread Sweetcorn

Fishless Fish Fingers (v) (vg) • Chips Garden Peas

Sandwich Selection (v)

Jacket Potato • Choice of Filling Cheese, Baked Beans (v)

Frozen Strawberry Mousse

"DRINKING WATER

HELPS YOU LOOK

AND FEEL YOUR BEST"

Tuesday

Chicken Jalfrezi • Rice or Naan Bread Minted Apple and Cucumber Salad

Quorn Burger in (v) Bun Oven Roast Potatoes • Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

Sticky Date Pudding with Custard

Wednesday

Meat Balls in Gravy Creamed Potatoes • Broccoli

Pizza Margherita (v) Seasoned Wedges • Sweetcorn

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna Rice Pudding with Peaches

Thursday

Roast Beef • Yorkshire Pudding Oven Roast Potatoes • Carrots

Quorn Dippers (v) • Hash Browns Spaghetti Hoops

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

Pineapple Upside Down Cake with Custard

Friday

Crispy Coated Fish • Chips Garden or Mushy Peas

Quorn Sausage Roll(v) • Chips **Baked Beans**

Sandwich Selection

Jacket Potato • Choice of Filling Cheese, Baked Beans (v) or Tuna

Fresh Fruit Salad or Yoghurt

Week 3

20 September 21 11 October 21

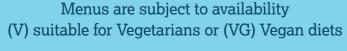
8 November 21 29 November 21

3 January 22 24 January 22 14 February 22 14 March 22

4 April 22 9 May 22 6 June 22

27 June 22 18 July 22

Menus are subject to availability







Available daily:

Salad bar, selection of fresh bread and rolls Choice of drinks - Fruit juice drink, reduced fat milk, chilled drinking water, Fresh Fruit Selection, Yoghurt and Cheese and Biscuits











"TAKE CARE OF YOUR BODY IT'S THE ONLY PLACE YOU HAVE TO LIVE"



