

PRIMARY SCHOOL MENU

SEPTEMBER – OCTOBER

WEEK 1

DAYS	Main Option	Vegetarian Option	Side Option	Cold Selection	Dessert Hot Option	Dessert Cold Option
Monday	Chicken and vegetable pie	Quorn meatballs in a tomato sauce with pasts	Mixed vegetables Cauliflower Mashed potato	Salad Bar Tuna, cheese and Egg sandwiches and/or wraps	Rice pudding with fruit compote	Yoghurt Fresh Fruit
Tuesday	BBQ pulled pork	Jacket potato with a choice of Tuna or cheese served with salad	Sweetcorn Green beans Boiled potato Wedges	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Homemade muffins	Yoghurt Fresh Fruit
Wednesday	Minced beef and dumplings	Penne arrabiata with cheese	Carrots Broccoli Baby boiled potato	Salad Bar Tuna, Cheese and Egg sandwiches and / or Wraps	Oaty fruit flapjack	Yoghurt Fresh Fruit
Thursday	Burger in a wholemeal roll	Cheese and tomato pizza	Beans Sweetcorn Oven baked wedges	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Apple crumble and custard	Yoghurt Fresh Fruit
Friday	Fish fingers	Quorn korma	Peas Chips	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Fruit cheesecake	Yoghurt Fresh Fruit

If alternative meal option is used this is due to reasons beyond our control but be assured that each meal option and recipe is carefully checked to ensure the students receive sufficient nutrients for healthy growth.

Special dietary requirements and Allergen information:

If your child has a special diet or an allergy please ensure that you communicate this with the school and the catering team. If there are any issues in relation to these please contact the school.



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WEEK 2

DAYS	Main Option	Vegetarian Option	Side Option	Cold Selection	Dessert Hot Option	Dessert Cold Option
Monday	Spaghetti bolognaise	Tomato and veg pasta bake	Corn on the cob Oven baked wedges	Salad Bar Tuna, cheese and Egg sandwiches and/or wraps	Chocolate and beetroot brownie	Yoghurt Fresh Fruit
Tuesday	Sweet chilli chicken and veg with noodles	Non coated quorn chicken pieces in katsu curry	Carrots Rice	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Jelly or angel delight with fruit	Yoghurt Fresh Fruit
Wednesday	Toad in the hole	Vegetable lasagne	Mixed vegetables Cauliflower Mashed potato	Salad Bar Tuna, Cheese and Egg sandwiches and / or Wraps	Home made biscuit and fruit	Yoghurt Fresh Fruit
Thursday	Lamb masala	Cheese and broccoli quiche	Green beans Sweetcorn Wholegrain rice New potatoes	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Vanilla sponge and custard	Yoghurt Fresh Fruit
Friday	Salmon fish cakes or fingers	5 Bean chilli and brown rice	Mushy peas Chips	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Oaty fruit crumble and custard	Yoghurt Fresh Fruit

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WEEK 3

DAYS	Main Option	Vegetarian Option	Side Option	Cold Selection	Dessert Hot Option	Dessert Cold Option
Monday	Beef bolognaise	Quorn chicken pasta bake	Carrots Broccoli Mashed potato	Salad Bar Tuna, cheese and Egg sandwiches and/or wraps	Apple or fruit pie and custard	Yoghurt Fresh Fruit
Tuesday	Quorn southern fried chicken burger	Jacket potato with a choice of cheese or tuna served with salad	Corn on the cob Oven baked wedges	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Rice pudding with apple	Yoghurt Fresh Fruit
Wednesday	Beef lasagne	Cheese and onion plait	Peas Sweetcorn Garlic bread	Salad Bar Tuna, Cheese and Egg sandwiches and / or Wraps	Sticky toffee pudding	Yoghurt Fresh Fruit
Thursday	Roast chicken and stuffing	Quorn sausages in onion gravy	Cauliflower Swede Oven cooked potatoes	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Fruit flapjack	Yoghurt Fresh Fruit
Friday	Fish cake	Tomato and cheese pasta bake	Peas Beans Chips	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Fruit shortcake	Yoghurt Fresh Fruit

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WEEK 4

DAYS	Main Option	Vegetarian Option	Side Option	Cold Selection	Dessert Hot Option	Dessert Cold Option
Monday	Chicken and veg curry with rice	Quorn sausage casserole	Peas Corn on the cob Mashed potato	Salad Bar Tuna, cheese and Egg sandwiches and/or wraps	Home made cookie or biscuit with fruit	Yoghurt Fresh Fruit
Tuesday	Cheese and tomato pizza	Jacket potato with a choice of tuna or cheese served with salad	Carrots Oven baked wedges	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Oaty fruit crunch	Yoghurt Fresh Fruit
Wednesday	Roast beef and Yorkshire pudding	Macaroni cheese	Broccoli Cauliflower Mashed potato	Salad Bar Tuna, Cheese and Egg sandwiches and / or Wraps	Feathered sponge and custard	Yoghurt Fresh Fruit
Thursday	Cottage pie	Quiche	Mixed vegetables Swede Baby boiled potato	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Peach and raspberry cobbler	Yoghurt Fresh Fruit
Friday	Baked fish	Vegetable curry with brown rice	Peas, garden or mushy	Salad Bar Tuna, Cheese and Egg sandwiches and / or wraps	Fruit crumble and custard	Yoghurt Fresh Fruit

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