

PRIMARY SCHOOL MENU ★ 06 JANUARY - 03 APRIL 2020



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKS COMMENCING: 06 JAN / 27 JAN / 24 FEB / 16 MAR

Cheese and Tomato Pizza (V)



Free Range Omelette (V)
Chicken Pasta Bake

Homemade Chicken Korma
Vegetable Korma (V)
Salmon Fish Fingers



Roast Beef
Quorn Sausage (V)
Yorkshire Pudding



Fish Fingers
Vegetable Fingers (V)



Potato Wedges
Garden Peas
Baked Beans

Toast
Baked Beans
Cheese
Salad

Rice
New Potatoes
Naan Bread
Broccoli

New Potatoes/Creamed Potatoes
Carrots/Garden Peas
Gravy

Chipped Potatoes
Garden Peas
Baked Beans

Chocolate Muffin
Fresh fruit
Low Fat Yogurts

Apple & Cinnamon Crumble with Custard
Fresh fruit
Low Fat Yogurts

Fruity Oat Cookie
Fresh fruit
Low Fat Yogurts

Raspberry Ripple Ice Cream Roll
with Mandarin Oranges
Fresh fruit
Low Fat Yogurts

Coconut Sponge with Custard
Fresh fruit
Low Fat Yogurts

WEEKS COMMENCING: 13 JAN / 03 FEB / 02 MAR / 23 MAR

Pork Meatballs
Vegetable Balls in Tomato Sauce

Pork Sausage
Quorn Sausages (V)



Homemade Chicken Balti
Vegetable Balti (V)
Salmon Fish Fingers



Chicken Fillet
Quorn Fillet (V)



Fish Bites
Vegetable Nuggets (V)



Pasta
Mixed Vegetables

Creamed Potatoes
Carrots
Garden Peas
Gravy

Rice
Naan Bread
New Potatoes
Sweetcorn

Roast Potatoes
Carrots
Broccoli
Gravy

Chipped Potatoes
Garden Peas

Chocolate Brownie
Fresh fruit
Low Fat Yogurts

Rice Pudding with Mixed Berries
Fresh fruit
Low Fat Yogurts

Banana and Raisin Muffin
Fresh fruit
Low Fat Yogurts

Flapjack
Fresh fruit
Low Fat Yogurts

Apple and Blackberry Crumble with Custard
Fresh fruit
Low Fat Yogurts

WEEKS COMMENCING: 20 JAN / 10 FEB / 9 MAR / 30 MAR

Cheese Burger in a Bap
Quorn Cheese Burger in a Bap (V)

Pasta Bolognese
Vegetable Pasta Bolognese (V)



Homemade Chicken Tikka
Vegetable Tikka (V)
Salmon Fish Fingers



Roast Turkey Breast
Quorn Fillet (V)



Battered Pollock
Country Vegetable Bake (V)



Potato Wedges
Peas

Mixed Vegetables
Salad

Rice
Naan Bread
New Potatoes
Garden Peas

Creamed Potatoes/New Potatoes
Carrots/Broccoli
Gravy

Chipped Potatoes
Garden Peas
Salad

Raspberry Muffin
Fresh fruit
Low Fat Yogurts

Chocolate Sponge with Custard
Fresh fruit
Low Fat Yogurts

Jelly and Ice Cream with Peach Slices
Fresh fruit
Low Fat Yogurts

Chocolate Corn Flake Crisp
Fresh fruit
Low Fat Yogurts

Eves Pudding with Custard
Fresh fruit
Low Fat Yogurts

• V indicates Vegetarian Option

Available daily:

- Filled jacket potatoes, sandwiches, baguettes and pasta pots
- Unlimited vegetables #vegpower
- Additional fruit portion
- Bread basket



CERTIFIED SUSTAINABLE SEAFOOD
MSC MML-C-1009
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

