


# PRIMARY SCHOOL MENU ★ 03 SEPTEMBER - 25 OCTOBER 2019

INSET DAY: 02 SEPT HALF TERM: 28 OCT - 01 NOV



WEEK 1

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b>WEEKS COMMENCING: 02 SEPT / 23 SEPT / 14 OCT</b>   |   |  |  |   |
| Cheese and Tomato Pizza (V)  | Free Range Omelette (V)<br>Chicken Pasta Bake                           | Homemade Chicken Korma<br>Vegetable Korma (V)<br>Salmon Fish Fingers  | Roast Beef<br>Quorn Sausage (V)<br>Yorkshire Pudding  | Fish Fingers<br>Vegetable Fingers (V)  |
| Potato Wedges<br>Garden Peas<br>Baked Beans   | Toast<br>Baked Beans<br>Cheese<br>Salad                                 | Rice<br>New Potatoes<br>Naan Bread<br>Broccoli   | New Potatoes/Creamed Potatoes<br>Carrots/Garden Peas<br>Gravy  | Chipped Potatoes<br>Garden Peas<br>Baked Beans  |
| Chocolate Muffin<br>Fresh fruit<br>Low Fat Yogurts  | Apple & Cinnamon Crumble with Custard<br>Fresh fruit<br>Low Fat Yogurts | Fruity Oat Cookie<br>Fresh fruit<br>Low Fat Yogurts  | Raspberry Ripple Ice Cream Roll<br>with Mandarin Oranges<br>Fresh fruit<br>Low Fat Yogurts   | Coconut Sponge with Custard<br>Fresh fruit<br>Low Fat Yogurts   |

WEEK 2

|   |   |   |   |  |
|---|---|---|---|--|
| <b>WEEKS COMMENCING: 09 SEPT / 30 SEPT / 21 OCT</b> |   |   |   |  |
| Pork Meatballs<br>Vegetable Balls in Tomato Sauce   | Pork Sausage<br>Quorn Sausages (V)  | Homemade Chicken Balti<br>Vegetable Balti (V)<br>Salmon Fish Fingers  | Chicken Fillet<br>Quorn Fillet (V)  | Fish Bites<br>Vegetable Nuggets (V)  |
| Pasta<br>Mixed Vegetables                           | Creamed Potatoes<br>Carrots<br>Garden Peas<br>Gravy   | Rice<br>New Potatoes<br>Sweetcorn   | Roast Potatoes<br>Carrots<br>Broccoli<br>Gravy  | Chipped Potatoes<br>Garden Peas  |
| Chocolate Brownie<br>Fresh fruit<br>Low Fat Yogurts | Rice Pudding with Mixed Berries<br>Fresh fruit<br>Low Fat Yogurts   | Banana and Raisin Muffin<br>Fresh fruit<br>Low Fat Yogurts  | Flapjack<br>Fresh fruit<br>Low Fat Yogurts  | Apple and Blackberry Crumble with Custard<br>Fresh fruit<br>Low Fat Yogurts  |

WEEK 3

|  |  |  |  |  |
|--|--|--|--|--|
| <b>WEEKS COMMENCING: 16 SEPT / 07 OCT</b>          |  |  |  |  |
| Hot Dog<br>Quorn Hot Dog (V)                       | Pasta Bolognese<br>Vegetable Pasta Bolognese (V)  | Homemade Chicken Tikka<br>Vegetable Tikka (V)<br>Salmon Fish Fingers  | Roast Turkey Breast<br>Vegetable Nuggets (V)  | Battered Pollock<br>Country Vegetable Bake (V)  |
| Potato Wedges<br>Peas                              | Mixed Vegetables<br>Salad  | Rice<br>New Potatoes<br>Garden Peas  | Creamed Potatoes/New Potatoes<br>Carrots/Broccoli<br>Gravy   | Chipped Potatoes<br>Garden Peas<br>Salad   |
| Raspberry Muffin<br>Fresh fruit<br>Low Fat Yogurts | Chocolate Sponge with Custard<br>Fresh fruit<br>Low Fat Yogurts  | Jelly and Ice Cream with Peach Slices<br>Fresh fruit<br>Low Fat Yogurts  | Chocolate Corn Flake Crisp<br>Fresh fruit<br>Low Fat Yogurts   | Eves Pudding with Custard<br>Fresh fruit<br>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



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

