



# PRIMARY SCHOOL LUNCH MENU

WEEK 1

## MONDAY

### Meat Free MONDAY

Cheese & Tomato Pizza(v)  
Chips(vg) • Coleslaw  
Quorn Keema Curry (v)  
Savoury Rice(vg) • Cauliflower(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v)  
or Baked Beans (vg) with Salad  
Frozen Flavoured Yoghurt(v)

## TUESDAY

Beef Lasagne • Garlic Bread(v)  
Garden Peas(vg)  
Lentil & Tomato Soup or  
Tomato Soup (vg) • Crusty Bread (v)  
Sandwich Selection  
Filled Jacket Potato  
Choice of Cheese(v),  
Baked Beans (vg) or Tuna with Salad  
Flapjack & Custard(v)

## WEDNESDAY

Mince & Dumplings  
Creamed Potatoes(v) • Swede(vg)  
Southern Fried Meat Free Dippers (v)  
Diced Potatoes(vg) Sweetcorn(vg)  
Sandwich Selection  
Filled Jacket Potato  
Choice of Cheese(v),  
Baked Beans (vg) or Tuna with Salad  
Fresh Fruit Salad(vg)  
Yoghurt(v)

## THURSDAY

~~Roast Turkey~~ <sup>CHICKEN</sup> Sage & Onion Stuffing(v)  
Baby Boiled Potatoes(vg) • Carrots(vg)  
Quorn Vegan Fillet (vg) • Sage & Onion  
Stuffing(v) • Baby Boiled Potatoes(vg)  
Carrots(vg)  
Sandwich Selection  
Filled Jacket Potato  
Choice of Cheese(v),  
Baked Beans (vg) or Tuna with Salad  
Iced Shortbread Finger(v)

## FRIDAY

Fish Fingers • Oven Roast Potatoes(v)  
Beetroot(vg)  
Tomato & Mascarpone Pasta (v)  
Garden Peas(vg) • Crusty Bread  
Sandwich Selection  
Filled Jacket Potato  
Choice of Cheese(v),  
Baked Beans (vg) or Tuna with Salad  
Chocolate Cookie(v)

## WEEK 1

4 September 23 26 February 24  
25 September 23 18 March 24  
16 October 23 22 April 24  
13 November 23 13 May 24  
4 December 23 10 June 24  
8 January 24 1 July 24  
29 January 24

WEEK 2

## MONDAY

### Meat Free MONDAY

Pasta Pomodoro(v)  
Crusty Bread(v) • Sweetcorn(vg)  
Vegetable Fingers (v)  
Seasoned Wedges(v) • Garden Peas(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v)  
or Baked Beans (vg) with Salad  
Ice Cream Tub (v)

## TUESDAY

Pork Sausages • Yorkshire Pudding(v)  
Creamed Potatoes(v) • Carrots(vg)  
Chinese Style Vegetable Curry (vg)  
Steamed Rice(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Chocolate Sponge &  
Chocolate Sauce(v)

## WEDNESDAY

Spaghetti Bolognese  
Garlic Bread(v)  
Broccoli(vg)  
Cheese Omelette(v) • Hash Browns(v)  
Baked Beans(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Strawberry Mousse(v)

## THURSDAY

Roast Chicken Fillet with Gravy  
Oven Roast Potatoes(v)  
Cabbage(vg)  
Quorn & Vegetable Pie(v)  
Oven Roast Potatoes(v)  
Green Beans(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Lemon Drizzle Cake(v)

## FRIDAY

Battered Fish Chips(vg)  
Spaghetti Hoops(v)  
Cheese Tortilla Wedge(v)  
Chips(vg)  
Coleslaw(v)  
Sandwich Selection  
Filled Jacket Potato • Choice of  
Cheese(v), Tuna or Baked Beans (vg)  
with Salad  
Frozen Flavoured Yoghurt(v)

Available Daily:

### Choice of:

- Salad bar
  - Fresh fruit selection
  - Yoghurt
  - Cheese and biscuits
  - Selection of fresh bread and rolls
- ### Choice of drinks:
- Fruit juice
  - Reduced fat milk
  - Chilled water

WEEK 3

## MONDAY

### Meat Free MONDAY

Macaroni Cheese(v) • Focaccia Bread(v)  
Mixed Vegetables(vg)  
Fishless Fingers (v) • Diced Potatoes(vg)  
Beetroot(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Chocolate Brownie(v)

## TUESDAY

Meatballs in Gravy  
Creamed Potatoes(v) • Carrots(vg)  
Vege Burger in a Bun (v)  
Oven Roast Potatoes(v)  
Garden Peas(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Carrot Cake Muffin(v)

## WEDNESDAY

Chicken Jalfrezi • Steamed Rice(vg)  
Apple & Cucumber Salad(vg)  
Pizza Margherita(v)  
Potato Wedges(vg)  
Mixed Salad(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Rice Pudding & Peaches(v)

## THURSDAY

Minced Beef Pie • Creamed Potatoes(v)  
Cauliflower(vg)  
Pasta Arrabiatta(v)  
Garlic Bread(v) • Green Beans  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Fresh Fruit Salad(vg)  
Yoghurt(v)

## FRIDAY

Fish Goujons • Chips(vg)  
Mushy Peas(vg)  
Oven Baked Quorn Sausage (vg)  
Chips(vg) • Baked Beans(vg)  
Sandwich Selection  
Filled Jacket Potato • Choice of Cheese(v),  
Tuna or Baked Beans (vg) with Salad  
Sticky Orange Sponge  
& Custard(v)

## WEEK 2

11 September 23 4 March 24  
2 October 23 25 March 24  
23 October 23 29 April 24  
20 November 23 20 May 24  
11 December 23 17 June 24  
15 January 24 8 July 24  
5 February 24

## WEEK 3

18 September 23 11 March 24  
9 October 23 15 April 24  
6 November 23 6 May 24  
27 November 23 3 June 24  
18 December 23 24 June 24  
22 January 24 15 July 24  
12 February 24

Menus are subject to availability  
(V) suitable for Vegetarians or (VG) Vegan diets

# SEPTEMBER 2023 – JULY 2024