**Primary Menu 2022/23 – Week 1**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  *Meat Free Day* |
| Lentil Soup  **V** | Chunky Vegetable Soup  **V** | Fresh Tomato Soup    **V** | Lentil Soup    **V** | Chunky Vegetable Soup  **V** |
| Steak Mince with a Pastry Top  & Creamy Mashed Potato | Creamy Chicken Pasta | Quorn Lasagne & Garlic Bread  **V** | Indian Style Chicken Biryani | Fish Goujons & Chips |
| Roasted Vegetable Couscous    **V** | Homemade Cheese & Tomato Pizza  **V** | Fresh Chicken Fillet in a Bun with Potato Wedges | Organic Pasta in a Fresh Tomato Sauce  **V** | Vegetable Fingers & Savoury Rice    **V** |
| *Waiting on mascot comp*  Cheese Toastie **V** | Tuna Mayo Soft Roll | Cheese & Tomato Panini  **V** | Premium Pork Sausage in a  Soft Finger Roll | Egg Mayo Sandwich  **V** |
| Fresh Broccoli  Grated Carrot | Mixed Vegetables  Coleslaw | Fresh Carrots  Mixed Peppers | Spicy Onions  Mixed Salad | Peas  Beetroot |
| Selection of Fruit/Yoghurt | Upside Down Pineapple Sponge & Custard  *OR*  Selection of Fruit | Selection of Fruit/Yoghurt | Chocolate Ice Cream & Fruit  *OR*  Selection of Fruit | Selection of Fruit/Yoghurt |

Fresh fruit and vegetables will be in accordance with seasonal availability.

In accordance with new Government guidelines all meals are served with 2 vegetable garnishes and a piece of fruit.

All soups are vegetarian / vegan and made fresh daily.

Menu choice can be adapted to suit dietary requirements, please contact/inform child’s school.

Susie Super Spuds Tray includes

Vegetarian **V** Vegan Halal 