**Primary Menu 2022/23 – Week 3**

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| **Monday** | **Tuesday** |  **Wednesday** | **Thursday***Meat Free Day* | **Friday** |
| Chunky Vegetable Soup **V** | Lentil Soup**V** | Fresh Tomato Soup **V** | Chunky Vegetable Soup **V** | Lentil Soup**V** |
| Beefburger in a Bun with Potato Wedges | Chinese Style Chicken Curry | Sweet & Sour Pork with Brown Rice | Fish Goujons & Chips | Breaded Chicken with Brown Rice & Katsu Sauce |
| Salmon Nibbles & Savoury Rice | Vegetarian Sausage Rolls& Beans **V** | Baked Potatowith Cheese & Coleslaw **V** | Roasted Vegetable Organic Pasta Bake **V** | Homemade Cheese & Tomato Pizza **V** |
| *Waiting on mascot comp*Cheese Sandwich  **V** | Gammon Soft Roll | Breaded Chicken Grill in a Bun | Cheese & Bean Toastie**V** | Vegetable Fingers with CornNachos & Salsa **V** |
| Corn on the CobSliced Peppers | Spicy Tomato SalsaMixed Salad | PeasBeetroot | Mixed VegetablesColeslaw | BroccoliGrated Carrots |
| Selection of Fruit/Yoghurt | Chocolate & Pear Spongewith Custard*OR*Selection of Fruit | Selection of Fruit/Yoghurt | Vanilla 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 