**HALAL Primary Menu 2022/23 – Week 2**

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| **Monday** | **Tuesday***Meat Free Day* |  **Wednesday** | **Thursday** | **Friday** |
| Fresh Tomato Soup **V** | Lentil Soup**V** | Chunky Vegetable Soup **V** | Fresh Tomato Soup **V** | Lentil Soup**V** |
| Chicken Sausages withCreamy Mashed Potato | Fish Goujons & Chips | Baked Potato with Cheese | Tomato Sauce with Organic Pasta | Chicken & Pineapple with Brown Rice |
| Stir Fry Vegetable Rice **V** | Baked Potato & Baked Beans **V** | Vegetable Pakora & Dip with Potato Wedges **V** | Lentil & Sweet Potato Korma with Brown Rice **V** | Organic Macaroni in a Creamy Cheese Sauce**V** |
| Super Tattie’s Healthy TrayCheese Pizzini **V** | Super Tattie’s Healthy TrayEgg Mayo Soft Roll **V** | Super Tattie’s Healthy TrayFrench Bread Pizza **V** | Super Tattie’s Healthy TrayGammon Sandwich | Super Tattie’s Healthy TrayTuna Mayo Soft Roll |
| CabbageSweetcorn | PeasMixed Salad | CauliflowerFresh Grated Carrot | BroccoliBeetroot | Fresh CarrotsCucumber Sticks |
| Selection of Fruit/Yoghurt  | Chocolate & Banana Spongewith Custard*OR*Selection of Fruit | Selection of Fruit/Yoghurt  | Crackers & Cheese*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.

Super Tattie’s Healthy Tray – pupils can choose one other item which may include soup/yoghurt/another piece of fruit or healthy baking (available 2 days per week)

Vegetarian **V** Vegan Halal 