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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 with  Creamy 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 Tray  Cheese Pizzini  **V** | Super Tattie’s Healthy Tray  Egg Mayo Soft Roll  **V** | Super Tattie’s Healthy Tray  French Bread Pizza  **V** | Super Tattie’s Healthy Tray  Gammon Sandwich | Super Tattie’s Healthy Tray  Tuna Mayo Soft Roll |
| Cabbage  Sweetcorn | Peas  Mixed Salad | Cauliflower  Fresh Grated Carrot | Broccoli  Beetroot | Fresh Carrots  Cucumber Sticks |
| Selection of Fruit/Yoghurt | Chocolate & Banana Sponge  with 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 