**HALAL Primary Menu 2022/23 – Week 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |
| HALAL burger in a Bun  with Potato Wedges | Chinese Style Chicken Curry | Sweet & Sour Vegetables  with Brown Rice | Fish Goujons & Chips | Breaded Chicken with  Brown Rice & Katsu Sauce |
| Salmon Nibbles & Savoury Rice | Vegetarian Sausage Rolls  & Beans  **V** | Baked Potato  with Cheese & Coleslaw  **V** | Roasted Vegetable Organic Pasta Bake  **V** | Homemade Cheese & Tomato Pizza  **V** |
| Super Tattie’s Healthy Tray  Cheese Sandwich  **V** | Super Tattie’s Healthy Tray  Cheese Soft Roll | Super Tattie’s Healthy Tray  Breaded Vegetable Sausage in a Bun | Super Tattie’s Healthy Tray  Cheese & Bean Toastie  **V** | Super Tattie’s Healthy Tray  Vegetable Fingers with Corn  Nachos & Salsa  **V** |
| Corn on the Cob  Sliced Peppers | Spicy Tomato Salsa  Mixed Salad | Peas  Beetroot | Mixed Vegetables  Coleslaw | Broccoli  Grated Carrots |
| Selection of Fruit/Yoghurt | Chocolate & Pear Sponge  with 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.

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 