**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 Vegetableswith 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** |
| Super Tattie’s Healthy TrayCheese Sandwich  **V** | Super Tattie’s Healthy TrayCheese Soft Roll | Super Tattie’s Healthy TrayBreaded Vegetable Sausage in a Bun | Super Tattie’s Healthy TrayCheese & Bean Toastie**V** | Super Tattie’s Healthy TrayVegetable 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.

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 