

# PRIMARY SCHOOL LUNCH MENU

Oct 2023–24



23/10, 13/11, 4/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	<b>Golden Breaded MSC Fish</b> with chips & garden peas (F) (F) (G)	<b>Oriental Vegetable &amp; Quorn Singapore Noodles</b> (V) (G) (E) (S)	<b>Red Tractor Chicken &amp; Gravy</b> with yorkshire pudding, baby boils & carrots (CH) (G) (E)	<b>Macaroni Pasta</b> with mature cheddar cheese, herby bread & mixed salad (V) (G) (M)	<b>Chickpea, Sweet Potato &amp; Spinach Curry</b> with wild rice & green beans (V) (S)
Main 2	<b>Cheddar Cheese Toasties</b> with sweet potato wedges, shredded lettuce & grated carrot (V) (G) (M)	<b>Freshly Made Sausage Roll</b> with mashed potatoes & baked beans (P) (G) (SU)	<b>Margherita Pizza</b> with diced potatoes & crunchy coleslaw (V) (G) (M) (SU)	<b>MSC Fish Fingers</b> with mashed potatoes & baked beans (F) (G) (F)	<b>Quorn Burger in a Bun</b> with seasoned wedges & crunchy salad (V) (G) (S) (E)

30/10, 20/11, 11/12, 1/01, 22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	<b>Tikka Chicken in a Warm Wrap</b> with mixed salad (CH) (G) (S)	<b>Savoury Meatballs with Pasta in Tomato Sauce</b> & sweetcorn (V) (G) (S)	<b>Traditional Steak Pie</b> with baby boils & sliced carrots (B) (G)	<b>Red Tractor Chicken Curry</b> with wild rice & garden peas (CH)	<b>MSC Fish Goujons</b> with spicy wedges & sweetcorn (F) (F) (G)
Main 2	<b>Roasted Tomato &amp; Red Pepper Pasta</b> with seasonal veg & herby bread (V) (G)	<b>Cheesy Beanos</b> with diced potatoes & crunchy salad (V) (G) (M)	<b>Sticky BBQ Quorn Dippers</b> with tortilla wrap & mixed salad (V) (G) (S) (C)	<b>Margherita Pizza</b> with seasoned wedges & crunchy coleslaw (V) (G) (M) (SU)	<b>Southern Style Quorn Burger in Bun</b> with hash brown & sliced tomato (V) (G) (E) (M) (S)

06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	<b>Free Range Folded Omelette</b> with diced potatoes & baked beans (V) (E) (M)	<b>Macaroni Pasta with Mature Cheddar Cheese Sauce</b> with herby bread & garden peas (V) (G) (M)	<b>Nut Free Chicken Satay</b> with wild rice & sliced peppers (CH) (MU)	<b>Farm assured Beef Bolognaise Pasta Bake</b> with garlic bread & green beans (B) (G)	<b>Vegetarian Sausages in Onion Gravy</b> with mashed potatoes & broccoli (V) (G)
Main 2	<b>Tomato Pasta</b> with roasted vegetables & garlic bread (V) (G)	<b>MSC Fish Fingers with Pitta Bread</b> with shredded lettuce & mayonnaise (F) (G) (F) (E)	<b>Margherita Pizza</b> with seasoned wedges & crunchy coleslaw (V) (G) (M) (SU)	<b>Cheese Panini</b> with diced potatoes & summer corn salad (V) (G) (M) (SU)	<b>Crispy Chicken Burger in a Warm Bun</b> with shredded lettuce & sweet potato wedges (CH) (G) (S)

DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Starter</b> included with all meal choices	<b>Lentil &amp; Vegetable Soup</b> with bread selection (G) (S)	<b>Crackers &amp; Cheese</b> with sliced apple (G) (M)	<b>Vegetable Noodle Soup</b> with bread selection (G) (S)	<b>Melon Slices</b> with bread selection (G) (S)	<b>Spring Vegetable Soup</b> with bread selection (G) (S)
<b>Filled Baked Potatoes</b> <b>Filled Sandwiches</b> <b>Baguettes</b> (G) (S) Served with salad	<b>Cheese</b> (M) <b>Tuna Mayonnaise</b> (F) (E) <b>Egg Mayonnaise</b> (E) <b>Sliced Chicken</b> (CH) <b>Flaked Salmon</b> (F)	<b>Cheese</b> (M) <b>Tuna Mayonnaise</b> (F) (E) <b>Egg Mayonnaise</b> (E) <b>Sliced Chicken</b> (CH) <b>Ham</b> (P)	<b>Cheese</b> (M) <b>Tuna Mayonnaise</b> (F) (E) <b>Egg Mayonnaise</b> (E) <b>Sliced Chicken</b> (CH) <b>Ham</b> (P)	<b>Cheese</b> (M) <b>Tuna Mayonnaise</b> (F) (E) <b>Egg Mayonnaise</b> (E) <b>Sliced Chicken</b> (CH) <b>Ham</b> (P)	<b>Cheese</b> (M) <b>Tuna Mayonnaise</b> (F) (E) <b>Egg Mayonnaise</b> (E) <b>Sliced Chicken</b> (CH) <b>Flaked Salmon</b> (F)
<b>Dessert</b> included with all meal choices	<b>Fresh Fruit Platter</b>	<b>Ice Cream &amp; Fresh Fruit</b> (M)	<b>Fresh Fruit Platter</b>	<b>Chocolate Brownie</b> (G) (E) (M)	<b>Fresh Fruit Platter</b>

ALL MEALS INCLUDE EACH OF THE FOLLOWING OPTIONS:

- STARTER AND DESSERT
- DRINK OPTION INCLUDING: PLAIN MILK OR WATER
- CRUDITIES PORTION: SLICED PEPPERS, BABY CORN, CUCUMBER, 1/2 CHERRY TOMATOES

HALAL ALTERNATIVES ARE AVAILABLE FOR ALL HOT MEAL CHOICES ON RECEIPT OF A CULTURAL DIET MEAL REQUEST FORM.

**ALLERGIES:** GLUTEN (G) CELERY (C) CRUSTACEANS (CR) EGG (E) FISH (F) LUPIN (L) MILK (M) MOLLUSCS (MO) MUSTARD (MU) NUTS (N) PEANUTS (PN) SESAME (SE) SOYA (S) SULPHITES (SU)

**PRODUCTS:** CHICKEN (CH) PORK (P) BEEF (B) VEGETARIAN (V) FISH (F) HAM (P). MAY CONTAINS ARE NOT INCLUDED. IF YOU REQUIRE FURTHER ALLERGY INFORMATION, PLEASE SPEAK TO A MEMBER OF THE CATERING STAFF.

**PLEASE NOTE:** AFTER ANY HOLIDAY THE 1ST DAY BACK WILL ALWAYS BE THE MONDAY MENU AND THEN THE NORMAL DAYS WILL FOLLOW. ITEM IN BOLD DENOTES THE PRE ORDER NAME FOR MEAL AND ACCOMPANING ITEMS.