

# Primary Menu P4 – P7 for August to October 2015

## Traditional Tastes 2015

	WEEK ONE	WEEK TWO	WEEK THREE
	10/8, 31/8, 21/9	17/8, 7/9, 28/9	24/8, 14/9, 5/10
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C)  ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C)  ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F)  ***** Ice cream or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B)  ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B)  ***** Raspberry Muffins or Fruit Platter	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B)  ***** Rowan Glen Yoghurt or Fruit Platter
WEDNESDAY	Chicken Curry served with Wild Rice and Seasoned Veg (C)  ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B)  ***** Caramel Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)  ***** Toffee sponge or Fruit Platter
THURSDAY	Traditional Mince topped with Creamy Mash served with Seasoned Veg (B)  ***** Iced Sponge Or Fruit latter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)  ***** Strawberry meringue nest or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B)  ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F)  ***** Ice Cream or Fruit Platter	Chicken Tikka with Wild Rice and Seasonal Vegetables (C)  ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C)  ***** Melting Moments or Fruit Platter

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### Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

### THEME MEALS OFFERED DAILY Includes dessert of the day

ITALIMANIA  
Offered every  
Monday

Cheese and Tomato Pizza  
or  
Tomato and Mozzarella Pasta  
Choose additional toppings

- Sliced Ham
- Roasted vegetables

Served with garlic bread and salad

CAFÉ DAY  
Offered every  
Tuesday

Paninis or Jacket Potato  
Filled with a choice of Cheese or Flaked Salmon  
Served with Crunchy Salad

MEXICAN  
Offered every  
Wednesday

Spicy Wedges or Wild Rice with a Choice of:

- Quorn Chilli
- Spicy Nuggets and Salsa

Served with shredded lettuce

DELI BAR  
Offered every  
Thursday

Sub roll or Warm Wrap Filled with

- Hot Spicy Chicken
- Quorn Dippers and BBQ sauce

Served with shredded lettuce

SNACK  
SENSATION  
Offered every  
Friday

Hot Filled Roll

- British Beef Burger
- Quorn Hot Dog
- Ham or Cheese Salad

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### **FILLING STATION OFFERED DAILY**

**Includes dessert of the day**

**Choose from**

**Wholemeal baguette, Sliced Bread**

**Filling options**

**Cheese, sliced ham, Tuna and free range mayonnaise**

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter