

PRIMARY 1 to 3 SCHOOL LUNCH MENU

August - October 2015

WEEK1 10/8, 31/8, 21/9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Seasoned Chicken Tikka with Tortilla Wrap and Tossed Salad (C)	British Beef Steak & Sausage Pie with New Potatoes and Seasonal Vegetables (B)	Chicken Curry served with Wild Rice And Seasoned Vegetables (C)	Traditional Mince served with Creamy Mash and Seasoned Vegetables (B)	British Beef Burger in a Soft Bun with Sliced Tomato (B)
OPTION 2	Tomato and Mozzarella Pasta with Roasted Vegetables (V)	Cheese Filled Paninis served with Crunchy Salad (V)	Spicy Wedges with Quorn Chilli served with Shredded Lettuce (V)	Sub Roll filled with Hot Spicy Chicken served with Shredded Lettuce (C)	Ploughman's Salad (Cheddar Cheese served with Crusty Bread, Coleslaw and Salad) (V)
OPTION 3	Flaked Tuna Sandwich served with Tossed Salad (F)	Flaked Salmon served with Free Range Mayonnaise and Crunchy Coleslaw in a Baked Potato (F)	Free Range Egg Wrap served with Free Range Mayonnaise (V)	Cheese Toastie served with Tossed Salad (V)	Freedom Ham and Tossed Salad served on a Wholewheat Baguette (V)
ADDITIONAL COURSE	Fruit Platter or Vegetable Soup	Fruit Platter or Caramel Flan	Fruit Platter or Shortbread	Fruit Platter or Iced Sponge	Fruit Platter or Frozen Yogurt

WEEK 2 17/8, 7/9, 28/9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Tandoori Marinated Chicken served with Egg Noodles and Roasted Vegetables (C)	British Beef Lasagne served with Crunchy Coleslaw and Tossed Salad (B)	Quorn Chilli served with Wild Rice and Seasonal Vegetables (v)	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)	Quorn Hot Dog served in a Warm Bun with Salad (V)
OPTION 2	Ham and Tomato Pizza served with Garlic Bread and Tossed Salad (H)	Flaked Tuna in Free Range Mayonnaise served in a Baked Potato (F)	Family Favourite Breaded Fish Goujons served with Chips and Garden Peas (V)	BBQ Quorn Nuggets in Warm Wrap and Shredded Lettuce (V)	Freedom Ham served with Crusty Bread, Coleslaw and Salad (H)
OPTION 3	Free Range Egg Mayonnaise served with Tossed Salad served on a Wholewheat Baguette (V)	Cheese Filled Wraps served with Crunchy Salad (V)	Flaked Tuna served with Free Range Mayonnaise and Tossed Salad Sandwich (F)	Chicken and Free Range Mayonnaise served with Tossed Salad served on a Wholewheat Baguette (C)	Cheese Toastie served with Tossed Salad (V)
ADDITIONAL COURSE	Fruit Platter or Rowan Glen Yogurt	Fruit Platter or Raspberry Muffins	Fruit Platter or Caramel Biscuit	Fruit Platter or Lentil and Vegetable Soup	Fruit Platter or Frozen Yogurt

WEEK 3 24/8, 14/9, 5/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausage & Mash With Seasonal Vegetables (P)	Freshly made Sausage Rolls served with Diced Potatoes and Baked Beans (P)	Pasta in a Creamy Sauce served with Tomato Salsa and Garlic Bread (V)	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B)	Free Range Egg Mayonnaise served with Crusty Bread, Coleslaw and Salad (C)
OPTION 2	Pasta with Diced Tomatoes lightly coated with Garlic Infused Oil served with Tomato and Cheese Bread and Tossed Salad (V)	Flaked Tuna and Mayonnaise Filled Paninis served with Crunchy Salad (V)	Spicy Nuggets served with Seasonal Vegetables and Potato Wedges (F)	Hot Spicy Chicken served in a Warm Wrap with Shredded Lettuce (C)	Chicken fillet in a Warm Bun served with Tossed Salad and Mayonnaise (C)
OPTION 3	Freedom Ham Sandwich with Tossed Salad (H)	Grated Cheese and Crunchy Coleslaw served in a Baked Potato (V)	Flaked Tuna with Melted Cheese served in a Bagel (F)	Cheese Toastie served with Tossed Salad (V)	Flaked Tuna and Free Range Mayonnaise served in a Crunchy Baguette With Shredded Lettuce (F)
ADDITIONAL COURSE	Fruit Platter or Golden Lentil Soup	Fruit Platter or Rowan Glen Yoghurt	Fruit Platter or Toffee Sponge	Fruit Platter or Krispie Cake	Fruit Platter or Melting Moments

ALL MEALS INCLUDE EACH OF THE FOLLOWING:

- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter - with mixed peppers, fresh beetroot, baby corn & carrot batons

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

MENU REFERENCE: (V) Vegetarian, (P) Pork, (B) Beef, (C) Chicken, (F) Fish