

PRIMARY 1 to 3 SCHOOL LUNCH MENU

JANUARY TO APRIL 2015

WEEK1 05/01, 26/01, 16/02, 09/03, 30/03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Vegetarian Lentil Soup served with Seasoned Chicken with Tortilla Wrap and Tossed Salad (C)	British Beef Steak & Sausage Pie with New Potatoes and Seasonal Vegetables (B)	Hot Flaked Salmon or Cheese with Fresh Salsa served in a Baked Potato (F) (V)	Spicy British Beef or Quorn Burrito and Potato Wedges (B) (V)	Pasta Salad with Flaked Tuna or Cheese served with Cucumber and Sweet Corn (F)
OPTION 2	Tomato and Mozzarella Pasta with Roasted Vegetables (V)	Assorted Filled Paninis served with Crunchy Salad	Freshly Made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B)	Chicken Sub served with Shredded Lettuce (C)	British Beef Burger in a soft bun with sliced Tomato (B)
DESSERT	Fruit Platter	Fruit Platter or Caramel Flan	Fruit Platter or Shortbread	Fruit Platter or Toffee Sponge and Custard	Fruit Platter or Frozen Yogurt

WEEK 2 12/01, 02/02, 23/02 16/03,	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Marinated Chicken or Quorn served with Egg Noodles and Roasted Vegetables (C) (V)	British Beef Lasagne served with Crunchy Coleslaw and Tossed Salad (B)	Lentil & Vegetable Soup served with Pulled pork in a soft bun and Crunchy coleslaw (P)	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V)	Ploughman's Salad Cheddar Cheese and Pickle served with Crusty Bread Coleslaw and Salad (V)
OPTION 2	Fish Goujons served with Chunky Chips and Garden Peas (F)	Assorted Filled Paninis served with Crunchy Salad	Lentil & Vegetable Soup served with Spicy Bites with Seasoned Wedges and Sweet Corn (C) (V)	BBQ Meatballs in Tortilla Wrap and Shredded Lettuce (B)	Chicken Fillet served in a Bun with Assorted Lettuce (C)
DESSERT	Fruit Platter or Ice cream	Fruit Platter or Raspberry Muffins	Fruit Platter	Fruit Platter or Jam & Coconut Tart	Fruit Platter or Oaty Biscuit

WEEK 3 19/01, 9/02, 02/03, 23/03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausage & Mash With Seasonal Vegetables (P)	Lentil Soup And Assorted Bread Platters With choice of Freedom ham and Tuna Mayonnaise (F) (P)	Pasta in a Creamy Sauce served with Tomato Salsa and Garlic Bread. (V)	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B)	Chicken Mayonnaise Wrap with Mixed Lettuce and Mint Dressing (C)
OPTION 2	Pasta with Diced Tomatoes lightly coated with Garlic Infused Oil served with Tomato and Cheese Bread and Tossed Salad (V)	Lentil Soup And Assorted Bread Platters With choice of Free Range Egg Mayonnaise and Cheddar Cheese (V)	Fish Bites served with Seasonal Vegetables and Potato Wedges (F)	Cheesy Quorn Slice served on a Crusty Bruschetta with Red Onion Salsa (V)	Quorn Hot Dog in a warm bun (V)
DESSERT	Fruit Platter Rowan or Glen Yoghurt	Fruit Platter	Fruit Platter or Iced Sponge	Fruit Platter Or Krispie Cake	Fruit Platter or Fruit Crunchy Biscuit

ALL MEALS INCLUDE EACH OF THE FOLLOWING:

- 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 - 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

