

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	Seasoned Chicken with Tortilla Wrap and Tossed Salad (C)	British Beef Steak & Sausage Pie with New Potatoes and Seasonal Vegetables (B)	Hot Flaked Salmon with Fresh Salsa served in a Baked Potato (F) (V)	Spicy British Beef Burrito and Potato Wedges (B)	Pasta Salad with Flaked Tuna served with Cucumber and Sweet Corn (F)
OPTION 2	Tomato and Mozzarella Pasta with Roasted Vegetables (V)	Cheese Filled Paninis served with Crunchy Salad (c) (T)	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)
OPTION 3	Freedom Ham Sandwich served with Tossed Salad (P)	Flaked Tuna served with Free Range Mayonnaise and crunchy coleslaw in a Baked Potato (F)	Grated Cheese and Crunchy Coleslaw served in a Baked Potato (V)	Double Cheese and Tossed Salad served on a Wholewheat Baguette (V)	Pasta Salad with Grated Cheese served with Cucumber and Sweet Corn (V)
ADDITIONAL COURSE	Fruit Platter or Vegetable Soup	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 served with Egg Noodles and Roasted Vegetables (C)	British Beef Lasagne served with Crunchy Coleslaw and Tossed Salad (B)	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)	Tuna and Free Range Mayonnaise Filled Paninis served with Crunchy Salad (c) (T)	Quorn Bites with Seasoned Wedges and Sweet Corn (V)	BBQ Meatballs in Tortilla Wrap and Shredded Lettuce (B)	Chicken Fillet served in a Bun with Assorted Lettuce (C)
OPTION 3	Cheese Toastie served with Tossed Salad (V)	Flaked Tuna and Crunchy Coleslaw in a Baked Potato (F)	Freedom Ham Sandwich served with Tossed Salad (P)	Flaked Tuna served with Free Range Mayonnaise and Tossed Salad in a warm wrap (F)	Ham and Pickle served with Crusty Bread, Coleslaw and Salad (H)
ADDITIONAL COURSE	Fruit Platter or Ice cream	Fruit Platter or Raspberry Muffins	Fruit Platter or Lentil and Vegetable Soup	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)	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)	Marinated Chicken Wrap with Mixed Lettuce and Free Range Mayonnaise (C)
OPTION 2	Pasta with Diced Tomatoes lightly coated with Garlic Infused Oil served with Tomato and Cheese Bread and Tossed Salad(V)	Assorted Bread Platters With choice of Free Range Egg Mayonnaise and Cheddar Cheese(V)	Fish Bites served with Seasonal Vegetables and Potato Wedges (F)	Quorn Slice served on a Crusty Bap with Red Onion Salsa (V)	Quorn Hot Dog in a warm bun (V)
OPTION 3	Freedom Ham Toastie with Tossed Salad (H)	Grated Cheese and Crunchy Coleslaw served in a Baked Potato (V)	Cheese Sandwich served with Tossed Salad (V)	Flaked Tuna served with Free Range Mayonnaise and Crunchy Coleslaw in a Baked Potato(F)	Roasted Vegetable and Cheese Wrap with Mixed Lettuce (V)
ADDITIONAL COURSE	Fruit Platter or Yoghurt	Fruit Platter or Golden Lentil Soup	Fruit Platter or I ced Sponge and Custard	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 dessert
- 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