PRIMARY 1 to 3 SCHOOL LUNCH MENU

2015

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| **WEEK1**  19/10, 09/11, 30/11, 21/12, 04/01, 25/01, 15/02, 07/03,28/03, 31/8, 21/9 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Sausages in onion gravy with creamy mash and seasonal veg | Creamy Chicken Pie with baby boils and fresh carrots | Beef Lasagne with tossed salad and coleslaw | Beef chilli with wild rice and seasonal vegetables | Tuna Pasta Salad |
| **OPTION 2** |  |  |  |  |  |
| **OPTION 3** | Tomato and mozzarella pasta with roasted vegetables  Ham baguette with cherry tomatoes) | Ragu Lamb Meatballs with Pasta and Corn Kernels  Cheese Panini with shredded lettuce | Baked Potato with tuna mayonnaise  Coronation quorn wrap with tossed salad | Cheese & Tomato pizza with tossed salad  Egg Mayonnaise sandwich with crunchy salad | Quorn Burger in a warm bun with cherry tomatoes  Cheese Toastie and Cherry tomatoes |
| **DESSERT** | Fruit Platter  and  Strawberry Rowan Glen Yoghurt | Fruit platter  and  Soup of the day | Fruit platter  and  Iced Vanilla Sponge | Fruit platter  and  Soup of the day | Fruit Platter  and  Shortbread |

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| **WEEK 2**  26/10, 16/11, 07/12, 11/01,  01/02, 22/02, 14/03, | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Piri Piri chicken with citrus cous cous and roasted vegetables | Macaroni cheese with garlic bread and garden peas | Steak & Sausage Pie with new potatoes and fresh cabbage | Chicken tikka Masala with wild rice and fresh broccoli | Salmon with Oriental Vegetable noodle salad box |
| **OPTION 2** | Omelette with potato wedges and salad | Fish Goujons with diced potatoes and seasonal vegetables | Quorn Chilli with wild rice and seasonal vegetables | Cheese & Tomato pizza with tossed salad | Quorn Frankfurter  in an  American Roll & crudities |
| **OPTION 3** | Ham Baguette with tossed salad | Baked potato served with chicken mayonnaise lettuce and carrot | Tuna Sandwich with sliced cucumber | Egg Mayonnaise baguette and sliced tomato | Beef burger in a warm burn served with assorted crudities |
| **DESSERT** | Fruit Platter  and  Soup of the day | Fruit platter  and  Raspberry Muffin Flan | Fruit platter  and  Soup of the day | Fruit platter  and  Yoghurt | Fruit Platter  and  Soup of the day |

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| **WEEK 3**  02/11, 23/11, 14/12, 18/01, 08/02, 29/02, 21/03 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **OPTION 1** | Homemade sausage roll with mashed potato and baked beans | Chicken Curry with wild rice and seasonal vegetables | Macaroni Cheese with garlic bread and garden peas | Beef Bolognaise with pasta twists and seasonal vegetable | Seasoned chicken in tortilla wrap with tossed salad box |
| **OPTION 2** | Fish Goujons with diced potatoes and seasonal veg | Mexican quorn pieces with wedges and peppers | Quorn Mince Lasagne with garlic bread and seasonal veg | Tomato & cheese pizza with tossed salad | Cheese Pasta Salad |
| **OPTION 3** | Baked Potato with tuna mayonnaise and coleslaw | Cheese Panini served with mixed leaves | Ham Sandwich served with Sliced tomatoes | Quorn dipper wrap with bbq sauce and shredded lettuce | Cheeseburger in a warm burn served with assorted crudities |
| **DESSERT** | Fruit Platter  and  Rowan Glen Yoghurt | Fruit platter  and  Soup of the day | Fruit platter  and  Toffee apple Sponge | Fruit platter  and  Soup of the day | Fruit Platter  and  Ice cream |

All meals include each of the following options:

* Freshly made soup of the day or dessert
* Drink option including :Plain milk, water, Fruit juice
* Bread Basket
* Crudity platter – with mixed peppers, 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.