

# WI Primary—Two Choice Menu April 2023

Free Bread & Salad available daily

Fruit—40g portion

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Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Macaroni Garlic Bread	Sausage Casserole & Mashed Pots	Chicken Curry & Rice	Steak Pie & Roast Pots	Fish Fingers <b>OR</b> Fish & Chips
or	or	or	or	or
Seasonal Veg Soup & Sandwich (Meat Free)	Lentil Soup & Sandwich	Baked Potato with Cheese/ Tuna/Beans	Vegetable Soup & Sandwich	Chicken & Rice <b>OR</b> Vegetable & Rice Soup & Sandwich
Beans Sweetcorn	Peas Broccoli	Green Beans Sweetcorn	Broccoli Peas	Coleslaw Seasonal Mixed Salad
Yoghurt & <b>Fruit</b> or Fruit	Seasonal Fruit Salad or Fruit	Sponge, Custard & <b>Fruit</b> or Fruit	Ice Cream & <b>Fruit</b> or Fruit	Jelly & <b>Fruit</b> or Fruit

3

Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Macaroni Garlic Bread	Chicken <b>OR</b> Beef Pasta Bolognese	Sausages & wedges	Roast Chicken Mashed Potatoes Gravy	Fish & Chips
or	or	or	or	or
Lentil Soup Sandwich (MF)	Baked Potato with filling	Cheese and Carrot Salad	Mackerel <b>OR</b> Salmon Goujons Mashed Potatoes	Chicken Noodle <b>OR</b> Vegetable Noodle Soup & Sandwich
Beans Seasonal Salad	Broccoli Seasonal Salad	Beans Sweetcorn	Carrots Cauliflower	Peas Seasonal Salad
Crackers, Cheese & <b>Fruit</b> or Fruit	Melting Moments & <b>Fruit</b> or Fruit	Frozen Yoghurt & <b>Fruit</b> or Fruit	Watermelon <b>OR</b> Melon & <b>Fruit</b> or Fruit	Yoghurt or Jelly & <b>Fruit</b> or Fruit

2

Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Bagel or French Bread Pizza Wedges	Spag Bolognese	Chicken Goujons Wrap with Mayo	Roast Ham <b>OR</b> Chicken, York- shire Pud, Mashed Pots,	Pastry Sausage Roll <b>OR</b> Sausages & Chips
or	or	or	or	or
Baked Potato & Filling -cheese/ tuna, beans	Cheese Salad	Lentil Soup & Sandwich	Leek & Potato Soup & Sandwich	Sweet Pot & Carrot Soup & Sandwich
Carrot Sticks Green Beans Spaghetti Hoops	Peas Sweetcorn	Savoury Rice, Mixed Salad, Coleslaw	Carrots Cabbage	Peas Beans
Angel Delight <b>OR</b> Rice Pudding & <b>Fruit</b> or Fruit	Shortbread & <b>Fruit</b> or Fruit	Ice Cream & <b>Fruit</b> or Fruit	Jelly & <b>Fruit</b> or Fruit	Yoghurt or Crackers & Cheese with <b>Fruit</b> or Fruit

4

Mon <small>Meat Free</small>	Tues	Wed	Thurs	Fri
Tomato Pasta Garlic Bread	Chicken or Veg Burger on Roll Wedges	Mince & Mashed Potatoes	Roast Chicken Yorkshire Pud Potatoes, Gravy	Fish Fingers & Chips
or	or	or	or	or
Lentil Soup Sandwich M/F	Cheesy Pasta	Vegetable Soup & Sandwich	Tomato Soup Sandwich	Baked Potato & Filling
Broccoli Carrot Sticks	Seasonal Salad Beans	Green Beans	Sweetcorn Peas	Spaghetti Hoops Mixed Seasonal Veg
Frozen Yoghurt & <b>Fruit</b> or Fruit	Oat Biscuit with <b>Fruit</b> or Fruit	Crackers, Cheese & <b>Fruit</b> or Fruit	Ice Cream & <b>Fruit</b> or Fruit	Yoghurt with <b>Fruit</b> or Fruit