

PRIMARY SCHOOL SPRING AND SUMMER MENU 2019

2 courses £2.10

All meal options include a soup or a sweet treat plus a choice of drink - water, milk or juice.



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1: RED BAND	Turkey burger & homemade wedges with chopped vegetable batons	Chicken curry & rice with spiced onions	Pork link sausages with mashed potato & baked beans <i>(v) available on request</i>	Roast beef with baby boiled potatoes, yorkshire pudding & broccoli.	Breaded fish, chips & peas
OPTION 2: GREEN BAND	Tomato pasta with garlic bread & salad (v)	Filled Baked Potato with beans and cheese (v)*	Tuna Pasta with carrot batons	Cheese & tomato pizza with homemade sweet potato wedges and salad (v)	Cheese and potato pasty and a side of vegetables (v)
BLUE BAND: SNACK 2 GO SANDWICH, DRINK PLUS ITEM FROM WHITE BOX BELOW	Choice of cheese, ham or tuna mayo	Choice of cheese, cucumber cream cheese or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, egg mayo or tuna mayo
SOUP, SWEET TREAT FRUIT OR YOGHURT	Potato & Leek Soup (v) Orchard Cupcake Fruit or Yoghurt	Lentil soup (v) Fruity Tuesday Yoghurt	Minestrone (v) Homebaking selection Fruit or Yoghurt	Chicken & rice soup Strawberry shortbread Fruit or Yoghurt	Lentil soup (v) Fruit & Jelly Friday Yoghurt

All choices come with water, milk or juice included in the price.

Week beginning: 15 April, 6 May, 27 May, 17 June, 12 Aug, 2 Sept, 23 Sept *tuna mayo and coleslaw fillings available

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1: RED BAND	Chicken curry with rice, naan bread and mixed salad	Beef burger with homemade wedges and sliced vegetables <i>(v) available on request - Veg burger</i>	Bolognese penne pasta, garlic bread & green beans	Steak pie & mashed potato with mixed vegetables	Breaded fish, chips & beetroot
OPTION 2: GREEN BAND	Stir fry (v)	Macaroni cheese with peas (v)	Salmon fish fingers with potato mash and baked beans <i>(v) available on request - Veg crumb pattie</i>	Sweet potato curry with rice and naan bread (v)	Cowboy beans with potato waffles (v)
BLUE BAND: SNACK 2 GO SANDWICH, DRINK PLUS ITEM FROM WHITE BOX BELOW	Choice of cheese, ham or tuna mayo	Choice of cheese, cucumber cream cheese or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, egg mayo or tuna mayo
SOUP, SWEET TREAT FRUIT OR YOGHURT	Lentil Soup (v) Fruit muffin Fruit or Yoghurt	Potato & Leek (v) Fruity Tuesday Yoghurt	Golden Vegetable Soup (v) Homebaking Selection Fruit or Yoghurt	Chicken Noodle Soup Raspberry Oat Traybake Fruit or Yoghurt	Lentil Soup (v) Fruit & Jelly Friday Yoghurt

All choices come with water, milk or juice included in the price.

WEEK 2 Menu available on the following dates: Week beginning: 22 April, 13 May, 3 June, 24 June, 19 Aug, 9 Sept, 30 Sept

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1: RED BAND	Chicken Italiano in tomato sauce with spaghetti & green beans	Cottage Mince Pie & Carrots	Beef Burger with chopped fresh vegetables & potato salad <i>(v) available on request - Veg burger</i>	Chicken curry, rice & broccoli	Breaded fish, chips & peas
OPTION 2: GREEN BAND	Cheese and tomato pizza with sweet potato fries and salad (v)	Chicken tikka or sweet chilli wrap with coleslaw & salad <i>(v) available on request - Veg chilli wrap</i>	Macaroni cheese with broccoli (v)	Sausage roll with mashed potato, beans and mixed vegetables <i>(v) available on request - Quorn sausage</i>	Bean burrito with salsa and sweetcorn (v)
BLUE BAND: SNACK 2 GO SANDWICH, DRINK PLUS ITEM FROM WHITE BOX BELOW	Choice of cheese, ham or tuna mayo	Choice of cheese, cucumber cream cheese or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, ham or tuna mayo	Choice of cheese, egg mayo or tuna mayo
SOUP, SWEET TREAT FRUIT OR YOGHURT	Lentil Soup (v) Apple Flapjack Fruit or Yogurt	Vegetable Broth (v) Fruity Tuesday or Yoghurt	Spring Vegetable Soup (v) or Homebaking selection Fruit or Yogurt	Tomato Soup (v) or Fruit Muffin Fruit or Yogurt	Lentil soup (v) or Fruit and Jelly Friday Yoghurt

All choices come with water, milk or juice included in the price.

WEEK 3 Menu available on the following dates: Week beginning: 29 April, 20 May, 10 June, 26 Aug, 16 Sept, 7 Oct

- ✓ All meal options include a soup or sweet treat plus a choice of water, milk or juice is included in the price
- ✓ All dishes are served with a minimum of two portions of seasonal vegetables
- ✓ Bread & chilled water are provided FREE on a daily basis to all pupils
- ✓ The sweet treat on a Tuesday is fruit and on a Friday is jelly and fruit
- ✓ Each day fruit or yoghurt can be selected as the sweet option



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