

East Fulton Primary Menu

Week 1, 2 & 3



East Fulton Primary

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)	Seasonal Harvest Soup (ve)	Leek & Potato Soup (ve)
Meal option 1	M01	M04AF	M07GF	M010	M13
	Chicken Curry & Rice Pot	Allergen - Friendly Roast Chicken Dinner in Gravy & Mashed potato (ve) Peas & Carrots (ve)	G/F Margherita pizza (v) with Oven chips (ve) mediterranean salad (ve)	Mexican Beef Burrito bowl Pico de gallo (ve)	Jumbo Hot Dog with Potato wedges (ve) Carrot & Cucumber sticks (ve)
Meal option 2	M02	M05-EAST	M08	M011	M14EF
	MSC Fish Fingers with Oven chips (ve) Mixed salad (ve)	Sau'sage Roll with Mashed Potato Rainbow Salad (ve)	Homemade Chickpea curry (ve)	Toasted Folded Turkey Quesadilla Pico de gallo (ve)	E/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Oven chips (ve) Carrot & Cucumber sticks (ve)
Meal option 3	M03	M06	M09	M012	M15
	Baked potato with Beans (ve) Mixed salad (ve)	Red Tractor Ham Sandwich Rainbow salad (ve)	Cheese & Cream Cheese Bagel (v) Mediterranean salad (ve)	Baked potato with Cheese (v) Pico de gallo (ve)	Cheese sandwich (v) Carrot & Cucumber sticks (ve)
Dessert	Delight dessert (v) & Fresh Fruit Selection(ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	E/F Home Baking (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy Tomato Soup (ve)	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Leek & Potato Soup (ve)	Carrot & Coriander Soup (ve)
Meal option 1	M16	M19AF	M22	M25	M28
	Crispy Chicken Burger with Oven chips (v) Crunchy salad (ve)	Allergen - Friendly Beef Bolognese Pasta Bake	Herby Tomato Pasta (ve)	QMS Homemade Steak pie with Mashed potatoes (v) Peas & carrots (ve)	MSC Salmon fingers with Diced potato(ve) Rainbow salad (ve)
Meal option 2	M017-EAST	M20	M23	M26VE	M13
	Sau’sage Roll with oven chips (v) Crunchy Salad (ve)	MSC Breaded Fish Goujons herby boiled potatoes (v) Peas & carrots (ve)	Cheddar Cheese Panini (v) with Diced potatoes (ve) Pico de gallo (ve)	Vegan Sausage with Garlic Bread Crunchy Salad (ve)	Jumbo Hot Dog with Potato wedges (ve) Rainbow Salad (ve)
Meal option 3	M18	M21	M24	M27EF	M30
	Turkey & Cheese Bagel Crunchy Salad (ve)	Baked potato with beans (ve) Mixed pepper salad (ve)	Cheese & Tomato Pizzini (v) with diced potatoes (ve) Pico de gallo (ve)	E/F Tuna Sandwich Crunchy Salad (ve)	Baked potato with Cheese (v) Rainbow salad (ve)
Dessert	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Fruit salad (ve) & Fresh Fruit Selection (ve)	E/F Home Baking (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Seasonal Harvest Soup (ve)	Sweet Potato & Carrot Soup (ve)	Carrot & Coriander Soup (ve)	Tangy Tomato Soup (ve)	Super Green Soup (ve)
Meal option 1	M31	M34	M37	M40	M43
	Beef & Cheese Burger with Diced Potatoes (ve) Crunchy Salad (ve)	Sau'sauge Roll (ve) with Baked beans (ve) Mediterranean salad (ve)	Super Saucy Bolognese (v) with Garlic bread (ve)	Red Tractor Chicken Fajita in Pitta Pockets with Oven chips (ve) Rainbow salad (ve)	Tomato Sausage Pasta Bake
Meal option 2	M32	M14EF	M38	M41	M44GF
	Veggie Hero Spaghetti (ve)	E/F Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo with Diced potatoes (ve) Mediterranean salad (ve)	Halloumi & Rainbow Veggie Orzo Tray Bake (v)	Mexican - Style Chilli Con Carne with nacho chips (ve)	G/F Margherita pizza (v) with Potato wedges (ve) Mixed salad (ve)
Meal option 3	M33EF	M36	M09	M39EF	M15
	Baked potato with E/F Tuna mayo Crunchy salad (ve)	Crunchy BBQ Quorn nuggets (v) with Baked beans (ve) Mediterranean salad (ve)	Cheese & Cream Cheese Bagel (v) Pico de gallo (ve)	E/F Tuna Melt Panini with Oven chips (ve) Rainbow salad (ve)	Cheese Sandwich Mixed salad (ve)
Dessert	Fruit salad (ve) & Fresh Fruit Selection (ve)	Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	E/F Home Baking (v) & Fresh Fruit Selection (ve)	Jelly (ve) & Fresh Fruit Selection (ve)	Fruity Yoghurt (v) & Fresh Fruit Selection (ve)