

# Primary School Menu 2020/2021

## Dairy Free Menu

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>		Lentil Soup	Lentil Soup	Lentil Soup	
<b>Choice 1</b>	Chicken Curry with Rice & Sweetcorn	Mince & Mash with Green Beans	Baked Potato with Tuna Mayonnaise & Salad	Chicken Burger with Diced Potato & Salad	Salmon & Sweet Potato Fish Cake, Chips, Peas & Sweetcorn
<b>Choice 2</b>		Veggie Nuggets with, Mash & Green Beans	Tomato Herb & Basil Pasta with Salad & Pitta Bread	Veggie Sausage with Beans & Diced Potato	Macaroni Cheese with Pitta Bread Strips, Peas & Sweetcorn
<b>Dessert</b>	Iced Smoothie				Jelly

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Lentil Soup			Lentil Soup	Lentil Soup
<b>Choice 1</b>	Tandoori Chicken bites with Salad & Potato Wedges	Fish & Chips with Sweetcorn & Peas	Pasta Bolognese with Salad & Pitta Bread	Chicken Pie, Chips & Baby Carrots	Beef Burger with Diced Potato & Salad
<b>Choice 2</b>	Quorn Chilli with Pitta Bread & Rice	Quorn Hot Dog with Sweetcorn & Salad	Pizza Sub with Potato Wedges, Salad & Sweetcorn	Cheese Roll with Coleslaw & Cherry Tomato	Veggie Bites with Diced Potato & Salad
<b>Dessert</b>		Iced Smoothie	Jelly		

## Gluten Free Menu

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>		Lentil Soup	Lentil Soup	Lentil Soup	
<b>Choice 1</b>	Chicken Curry with Rice & Sweetcorn	Mince & Mash with Green Beans	Baked Potato with Tuna Mayonnaise & Salad	Chicken Burger with Diced Potato & Salad	Salmon Fish Fingers, Chips, Peas & Sweetcorn
<b>Choice 2</b>		Veggie Bites Mash & Green Beans	Tomato Herb & Basil Pasta with Salad & Crusty Bread	Veggie Sausage with Beans, Diced Potato	Macaroni Cheese Crusty Bread, Peas & Sweetcorn
<b>Dessert</b>	Vanilla Ice Cream				Jelly

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Lentil Soup			Lentil Soup	Lentil Soup
<b>Choice 1</b>	Chicken Goujons Salad & Potato Wedges	Fish & Chips with Peas & Sweetcorn	Pasta Bolognese with Crusty Bread & Salad	Chicken Casserole, Chips Potato & Baby Carrots	Beef Burger with Salad & Diced Potato
<b>Choice 2</b>	Vegetable Chilli with Rice	Quorn Hot Dog with Sweetcorn & Salad	Pizza Sub with Potato Wedges, Salad & Sweetcorn	Cheese Roll with Coleslaw & Cherry Tomato	Veggie Bites with Diced Potato & Salad
<b>Dessert</b>		Vanilla Ice Cream	Jelly		

## Egg Free Menu

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>		Lentil Soup	Lentil Soup	Lentil Soup	
<b>Choice 1</b>	Chicken Curry with Rice & Sweetcorn	Mince & Mash with Green Beans		Chicken Burger with Diced Potato & Salad	Salmon & Sweet Potato Fish Cake, Chips, Peas & Sweetcorn
<b>Choice 2</b>		Veggie Nuggets with, Mash & Green Beans	Tomato Herb & Basil Pasta with Salad & Garlic Bread	Veggie Sausage with Beans, Diced Potato & Salad	Macaroni Cheese with Pitta Bread Strips, Peas & Sweetcorn
<b>Dessert</b>	Vanilla Ice Cream				Jelly

### Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Lentil Soup			Lentil Soup	Lentil Soup
<b>Choice 1</b>	Tandoori Chicken Bites with Salad & Potato Wedges	Fish & Chips with Peas & Sweetcorn	Pasta Bolognese With Salad & Garlic Bread	Chicken Pie, Chips & Baby Carrots	Beef Burger with Salad & Diced Potato
<b>Choice 2</b>	Vegetable Chilli with Pitta Bread & Rice		Pizzini With Potato Wedges, Salad & Sweetcorn	Cheese Roll With D/F Coleslaw & Cherry Tomato	Veggie Bites with Diced Potato & Salad
<b>Dessert</b>		Vanilla Ice Cream	Jelly		