

2023 Menu Cycle



JANUARY						
M	T	W	T	F	S	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

FEBRUARY						
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MARCH						
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APRIL						
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MAY						
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JUNE						
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JULY						
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31						

AUGUST						
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SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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- Week 1
- Week 2
- Week 3

2024 Menu Cycle



JANUARY						
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FEBRUARY						
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MARCH						
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APRIL						
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MAY						
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JUNE						
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JULY						
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AUGUST						
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SEPTEMBER						
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OCTOBER						
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28	29	30	31			

NOVEMBER						
M	T	W	T	F	S	S
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25	26	27	28	29	30	

DECEMBER						
M	T	W	T	F	S	S
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2	3	4	5	6	7	8
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23	24	25	26	27	28	29
30	31					

- Week 1
- Week 2
- Week 3



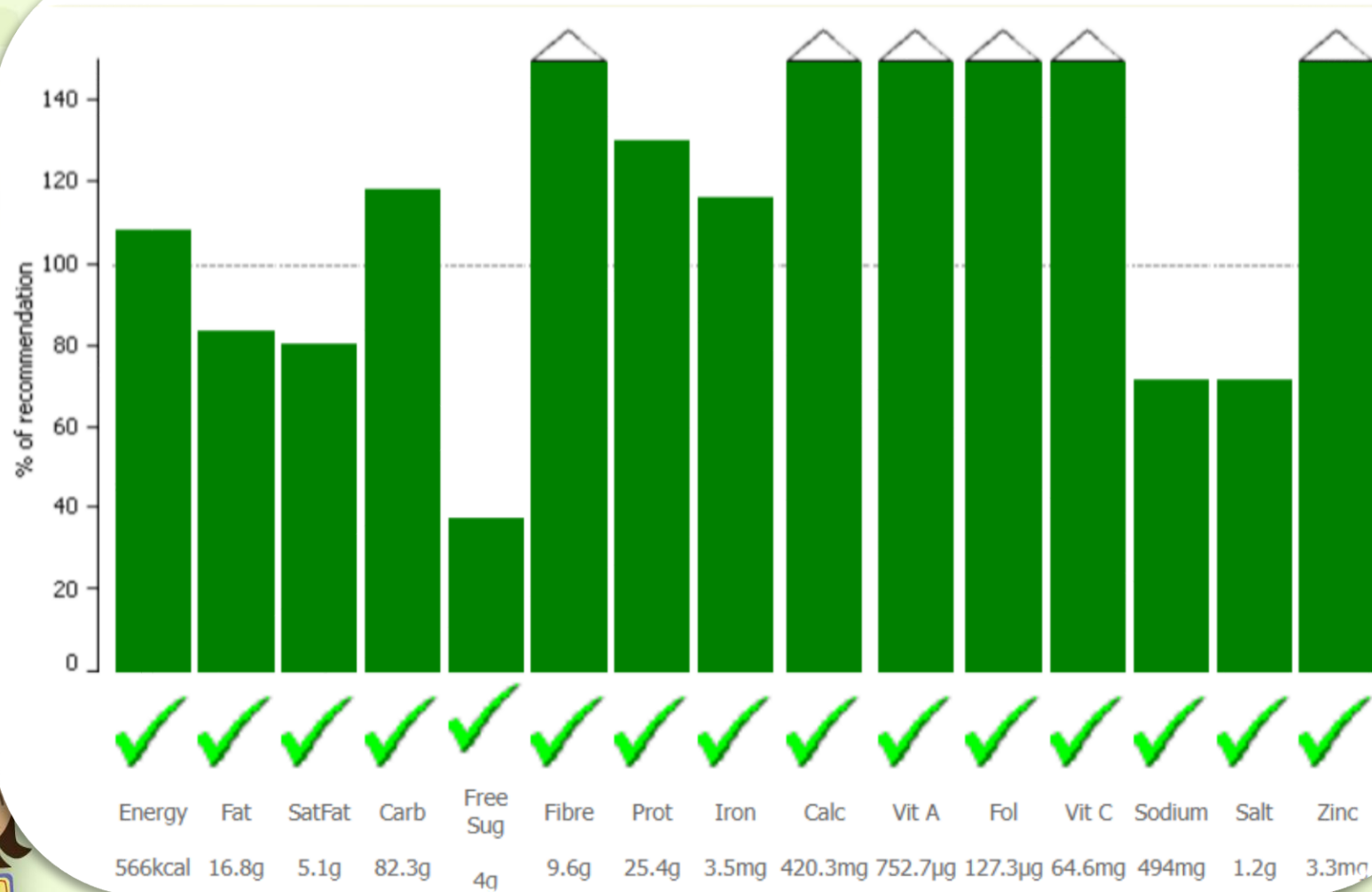
2023/2024 Primary Week 1



Nutritional Analysis Report

2023/2024 Primary Week 1

Weekly Avg Chart





2023/2024 Primary



Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301	MA2303	MA2304	MA2306	MA2309
Bangers 'N' Mash (Broccoli, Carrot)	Chicken Nuggets With Potato Wedges (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302	MA2328, 2329, 2330	MA2305	MA2307, 2308	MA2310
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



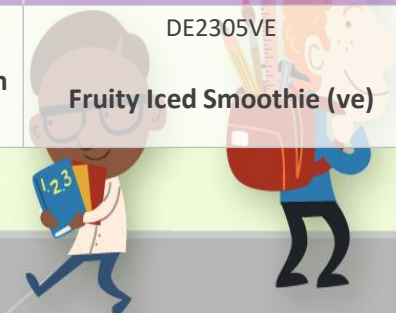
2023/2024 Primary Allergy-Friendly

Week 1 Allergy-Friendly Alternatives*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301VE	MA2303A	MA2304VE	MA2306A	MA2309A
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Allergy-Friendly Chicken Goujons With Potato Wedges (Rainbow Salad, VE Coleslaw) (serve with condiment)	VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A	MA2328A, 2329A, 2330A		MA2307VE, 2308VE	MA2310
Allergy-Friendly Creamy Pesto Pasta With VE Garlic Bread (ve) (Broccoli, Carrot)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)		Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)

* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

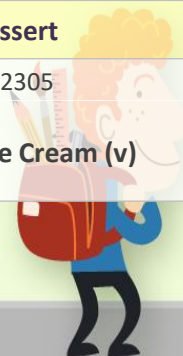


2023/2024 Primary Veg & Fish, Vegetarian, Halal

Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301 Vegetable Soup (ve)	SO2302 Tangy Tomato Soup (ve)	SO2301 Vegetable Soup (ve)	SO2303 Leek & Potato Soup (ve)	SO2301 Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301VE Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	MA2303VE Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304 Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	MA2307 Cheese Jacket Potato (v) (Rainbow Salad, Coleslaw)	MA2309 Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302 Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	MA2328, 2329 Selection of Sandwich (Cheese (v), Tuna Mayo) (Rainbow Salad, Coleslaw)	MA2305 Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	MA2307, 2308 Beans Jacket Potato (ve) (Rainbow Salad, Coleslaw)	MA2310 Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302 Fruity Yoghurt (v)	DE2301 Orange Jelly (ve)	DE2304 Oaty Flapjack (v)	DE2303 Fruit Salad with Honey Lemon Dressing (ve)	DE2305 Vanilla Ice Cream (v)

* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

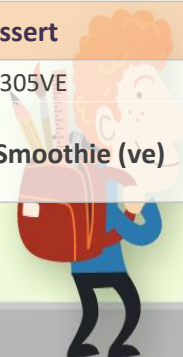
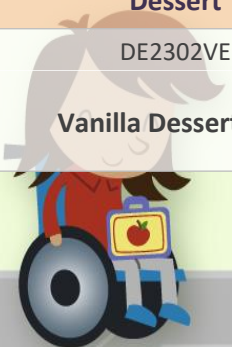


2023/2024 Primary Plant-Based (Vegan)

Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301 Vegetable Soup (ve)	SO2302 Tangy Tomato Soup (ve)	SO2301 Vegetable Soup (ve)	SO2303 Leek & Potato Soup (ve)	SO2301 Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301VE Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	MA2303VE Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304VE VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)	MA2307VE VE Cheese Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	MA2310 Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A Allergy-Friendly Creamy Pesto Pasta with VE Garlic Bread (ve) (Broccoli, Carrot)	MA2328VE VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	MA2305 Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	MA2308VE Beans Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE Vanilla Dessert (ve)	DE2301 Orange Jelly (ve)	DE2305VE Fruity Iced Smoothie (ve)	DE2303 Fruit Salad with Honey Lemon Dressing (ve)	DE2305VE Fruity Iced Smoothie (ve)

* Menu also includes daily portions of : Soya **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)





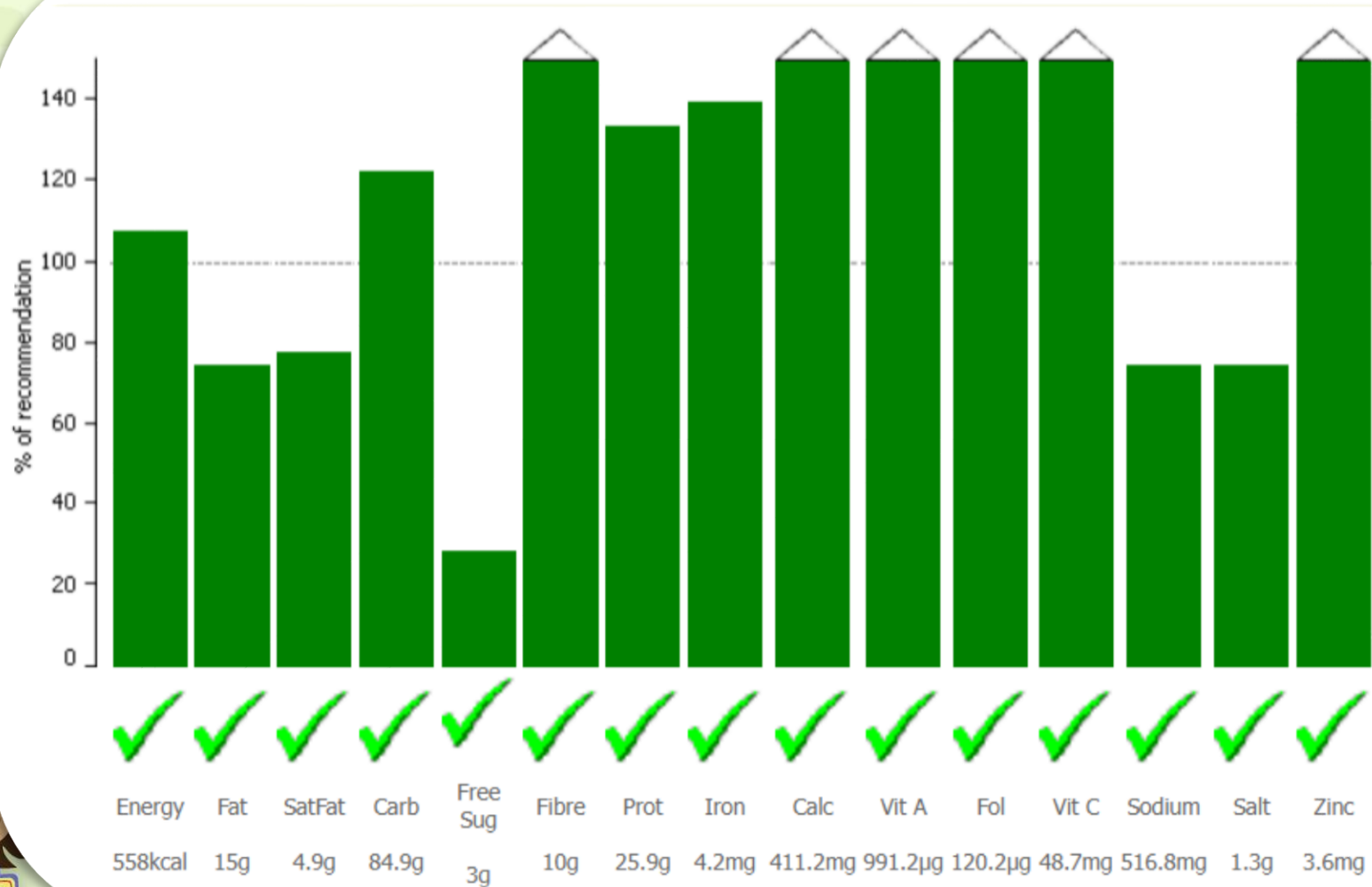
2023/2024 Primary Week 2



Nutritional Analysis Report

2023/2024 Primary Week 2

Weekly Avg Chart





2023/2024 Primary



Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311	MA2313	MA2314	MA2316	MA2318
Stack Your Beef Burger Oven Chips (Broccoli) (serve with condiment)	Creamy Chicken Potato- Topped Pie (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad) (serve with condiment)
Main	Main	Main	Main	Main
MA2312, MA2312V	MA2328, 2329, 2330	MA2315	MA2317, MA2317V	MA2319
Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread (Broccoli)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Chicken Katsu Curry / Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



2023/2024 Primary Allergy-Friendly

Week 2 Allergy-Friendly Alternatives*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311A	MA2313A	MA2315A	MA2316A	MA2319VE
Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli) (serve with condiment)	Allergy-Friendly Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	Allergy-Friendly Zingy Chipotle Burrito (ve) (Spinach Salad)	Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312A, MA2312VA	MA2328A, 2329A, 2330A		MA2317	
Allergen Friendly Tuna Mayo Pasta / Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)		Chicken Katsu Curry with Rice (Peas, Rainbow Salad)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)

* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

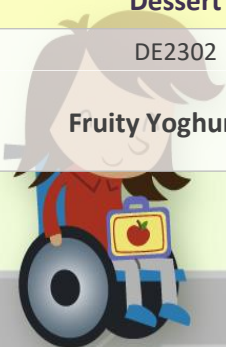


2023/2024 Primary Veg & Fish, Vegetarian, Halal

Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301 Vegetable Soup (ve)	SO2303 Leek & Potato Soup (ve)	SO2301 Vegetable Soup (ve)	SO2302 Tangy Tomato Soup (ve)	SO2301 Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	MA2328 Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	MA2314 Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	MA2316 Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	MA2319 Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312, MA2312V Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread (Broccoli)	MA2329 Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	MA2315 Zingy Chipotle Burrito (ve) (Spinach Salad)	MA2317V Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302 Fruity Yoghurt (v)	DE2301 Orange Jelly (ve)	DE2304 Oaty Flapjack (v)	DE2303 Fruit Salad with Honey Lemon Dressing (ve)	DE2305 Vanilla Ice Cream (v)

* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

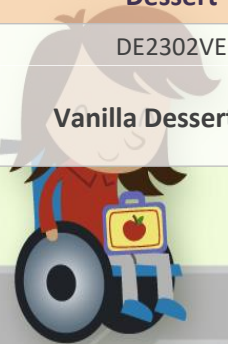


2023/2024 Primary Plant-Based (Vegan)

Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE	MA2328VE	MA2315	MA2317V	MA2319VE
Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312VA				
Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)				
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)

* Menu also includes daily portions of : Soya **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)





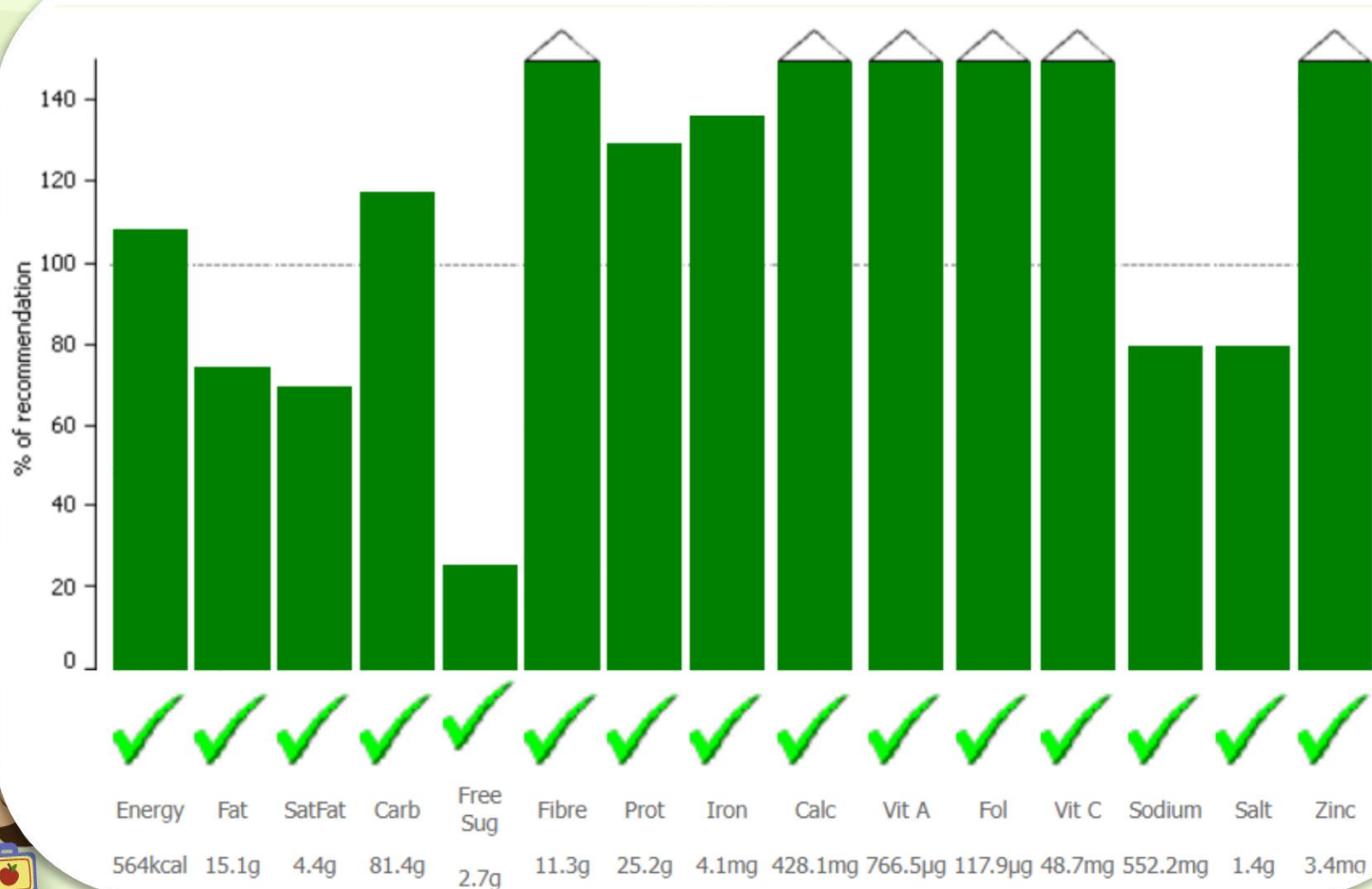
2023/2024 Primary Week 3



Nutritional Analysis Report

2023/2024 Primary Week 3

Weekly Avg Chart





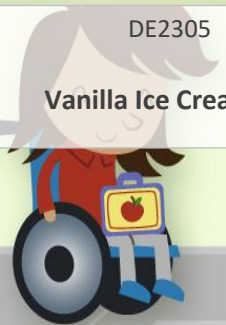
2023/2024 Primary



Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301 Vegetable Soup (ve)	SO2304 Vegetable & Rice Soup (ve)	SO2301 Vegetable Soup (ve)	SO2302 Tangy Tomato Soup	SO2301 Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320 Chicken Biryani (Carrot, Mexican-Style Corn Salad)	MA2322 Meatball Sub Melt (Rainbow Salad, Coleslaw)	MA2324 BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	MA2325 Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	MA2326 Simply Perfect Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321 Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	MA2328, 2329, 2330 Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	MA2323 Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	MA2307, 2308 Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	MA2327, 2304 Hawaiian Pizza / Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305 Vanilla Ice Cream (v)	DE2304 Oaty Flapjack (v)	DE2302 Fruity Yoghurt (v)	DE2303 Fruit Salad with Honey Lemon Dressing (ve)	DE2301 Orange Jelly (ve)

- Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)
- This menu is free from Nut and Peanut



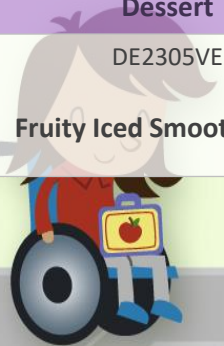
2023/2024 Primary Allergy-Friendly

Week 3 Allergy-Friendly Alternatives*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322A	MA2324A	MA2325A	MA2326A
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)	Allergy-Friendly BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Allergy-Friendly Bubble Fish & Chips (Rainbow Salad, VE Coleslaw) (serve with condiment)	Allergy-Friendly Beef Spaghetti Bolognese with VE Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
	MA2328A, 2329A, 2330A	MA2323A	MA2307VE, 2308VE	MA2327A, 2304VE
	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Veg Sausages with Potato Wedges(ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Hawaiian Pizza / VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305VE	DE2305VE	DE2302VE	DE2303	DE2301
Fruity Iced Smoothie (ve)	Fruity Iced Smoothie (ve)	Vanilla Dessert (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)

* Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements
Menu also includes daily portions of : **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



2023/2024 Primary Veg & Fish, Vegetarian, Halal

Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320VE	MA2328	MA2324	MA2325	MA2304
Quorn Biryani (ve) (Carrot, Mexican-Style Corn Salad)	Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321	MA2329	MA2323	MA2307, 2308	
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Veg Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305	DE2304	DE2302	DE2303	DE2301
Vanilla Ice Cream (v)	Oaty Flapjack (v)	Fruity Yoghurt (v)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)

* Menu also includes daily portions of : Carton **milk** (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)

