**Primary School Menu 2020/2021**

**Dairy Free Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** |  | Lentil Soup | Lentil Soup | Lentil Soup |  |
| **Choice 1** | 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 |
| **Choice 2** |  | 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 |
| **Dessert** | Iced Smoothie |  |  |  | Jelly |

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | Lentil Soup |  |  | Lentil Soup | Lentil Soup |
| **Choice 1** | 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 |
| **Choice 2** | 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 |
| **Dessert** |  | Iced Smoothie | Jelly |  |  |

**Gluten Free Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** |  | Lentil Soup | Lentil Soup | Lentil Soup |  |
| **Choice 1** | 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 |
| **Choice 2** |  | 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 |
| **Dessert** | Vanilla Ice Cream |  |  |  | Jelly |

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | Lentil Soup |  |  | Lentil Soup | Lentil Soup |
| **Choice 1** | 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 |
| **Choice 2** | 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 |
| **Dessert** |  | Vanilla Ice Cream | Jelly |  |  |

**Egg Free Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** |  | Lentil Soup | Lentil Soup | Lentil Soup |  |
| **Choice 1** | Chicken Curry with Rice & Sweetcorn | Mince & Mash with Green Beans |  | Chicken Burger with Diced Potato & Salad | Salmon & Sweet Potato Fish Cake, Chips,  Peas & Sweetcorn |
| **Choice 2** |  | 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 |
| **Dessert** | Vanilla Ice Cream |  |  |  | Jelly |

**Week 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Soup** | Lentil Soup |  |  | Lentil Soup | Lentil Soup |
| **Choice 1** | 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 |
| **Choice 2** | 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 |
| **Dessert** |  | Vanilla Ice Cream | Jelly |  |  |