

**PRIMARY SCHOOL LUNCH MENU 2022-23**

**WEEK 1:** Weeks commencing: 05/09/22, 26/09/22, 17/10/22, 07/11/22, 28/11/22, 19/12/22, 09/01/23, 30/01/23, 20/02/23, 13/03/23, 03/04/23, 24/04/23, 15/05/23, 05/06/23, 26/06/23

**WEEK 2:** Weeks commencing: 22/8/22, 12/09/22, 03/10/2, 24/10/22, 14/11/22, 05/12/22, 26/12/22, 16/01/23, 06/02/23, 27/02/23, 20/03/23, 10/04/23, 01/05/23, 22/05/23, 12/06/23, 03/07/23

**WEEK 3:** Weeks commencing: 29/8/22, 19/09/22, 10/10/22, 31/10/22, 21/11/22, 12/12/22, 02/01/23, 23/01/23, 13/02/23, 06/03/23, 27/03/23, 17/04/23, 08/05/23, 29/05/23, 19/06/23, 10/07/23

Week 1	Hot Meal 1	Hot Meal 2	Soup	Sandwiches/ Wraps/Rolls	Optional dessert
<b>Monday</b>	Pizza, Wedges & Sweetcorn	Veggie balls	Lentil Soup with Half sandwich (Turkey)	Turkey	Fruit Salad
<b>Tuesday</b>	Macaroni Cheese, Peas & Garlic Bread	Mince and tatties	Farmhouse Soup with Half Sandwich (Tuna Mayo)	Tuna Mayo	Apple Crumble Fruit Salad
<b>Wednesday</b>	Chicken Curry, Rice & Peas	Baked Potato with cheese or tuna	Lentil Soup with Half Sandwich (Cheese)	Cheese	Fruit Salad
<b>Thursday</b>	Quorn Nuggets, Baby Potatoes & Sweetcorn	Steak Pie with mashed potato and sweetcorn	Chicken & Rice Soup with Half Sandwich (Chicken)	Chicken	Apple & Raspberry sponge and custard Fruit Salad
<b>Friday</b>	Fish, Chips & Baked Beans	Pasta Bolognese with peas and mixed salad	Lentil Soup with Half Sandwich (Tuna)	Tuna	Ice-cream Fruit Salad

Week 2	Hot Meal 1	Hot Meal 2	Soup	Sandwiches/ Wraps/Rolls	Optional dessert
<b>Monday</b>	Tomato Pasta, Peas & Garlic Bread	Salmon Fish Fingers with potato wedges and peas	Lentil Soup with Half Sandwich (Chicken)	Chicken	Fruit Salad
<b>Tuesday</b>	Roast Turkey in Gravy , Baby Potatoes & Veg	Quorn Lasagne, Mashed Potatoes, Broccoli, Cauliflower and Carrots	Split Pea Soup with Half Sandwich (Cheese)	Cheese	Drizzle Iced Raspberry Sponge with custard Fruit Salad
<b>Wednesday</b>	Beef burger with Potato Wedges & Sweetcorn	Kashmiri Quorn Curry with rice	Lentil Soup and Half Sandwich (Turkey)	Turkey	Fruit Salad
<b>Thursday</b>	Macaroni Cheese & Garlic Bread	Beef Chilli served with rice and sweetcorn	Chicken & Rice Soup with Half Sandwich (Tuna)	Tuna	Rice Pudding and mandarins
<b>Friday</b>	Fish, Chips and Baked Beans	Sausage casserole with potatoes, baked beans and peas	Lentil Soup with Half Sandwich (Cheese)	Cheese	Ice Cream

Week 3	Hot Meal 1	Hot Meal 2	Soup	Sandwiches/ Wraps/Rolls	Optional dessert
<b>Monday</b>	Macaroni Cheese & Garlic Bread	Quorn Nuggets with potato wedges, peas and baby carrots	Lentil Soup with Half Sandwich (Turkey)	Turkey	Pineapple upside down sponge and custard
<b>Tuesday</b>	Steak Pie, Potatoes & Veg	Baked Potato with cheese or beans	Farmhouse Soup with Half Sandwich (Cheese)	Cheese	Fruit Salad
<b>Wednesday</b>	Tomato & Mascarpone Pasta, Garlic Bread and Peas	Chicken Curry with rice with roasted vegetables	Lentil Soup with Half Sandwich (Tuna)	Tuna	Apple Crumble
<b>Thursday</b>	Cheese Pizza with wedges & Sweetcorn	Lasagne with wedges and sweetcorn	Chicken and Rice Soup with Half Sandwich (Chicken)	Chicken	Fruit Salad
<b>Friday</b>	Fish, Chips & Baked Beans	Chicken Burger, Chips & Baked Beans	Lentil Soup with Half Sandwich (Savoury cheese)	Savoury cheese	Frozen Yoghurt Fruit Salad

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