

West Horndon Primary School Menu 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT FREE Jacket Potato Day Tuna, Cheese or Baked Beans	Pork Meatballs in a Swedish Style Sauce	Local Butcher's Roast Beef, Yorkshire Pudding and Gravy	All Day Breakfast Bap: - Sausage, Bacon and Egg served in a Bap	FISH FRIDAY New! Crispy Fish Sticks
	Quorn Meatballs served in a Tomato Sauce	Spinach and Potato Bake	Vegetarian Sausage and Egg served in a Bap	Tomato and Red Onion Tart
Mixed Seasonal Salad (Lettuce, Cucumber, Tomato & Peppers)	Wholegrain & White Rice Green Beans	Roast Potatoes, Cauliflower and Green Beans	Baked Beans	Chips, BBQ Baked Beans or Garden Peas
Falafel or Egg Mayonnaise Tortilla Wrap served with Pasta Salad and Vegetable Sticks	Freshly Baked Baguette filled with Sausage or Ham and Tomato Served with Mixed Salad and Vegetable Sticks		Pasta Bowl topped with Ham & Pineapple or Cheese and Chives	
Apple Shortcake	Melon, Strawberry and Grape Pots	Fresh Fruit Platter	Summer Fruits served with Arctic Roll	Jelly and Cream

**Also available daily a Salad Bar – choice of at least 6 Salads,
Fresh Bread, Fresh Fruit, Muller fruit corner, Yeo Valley yoghurt, Fresh Milk and Water**

West Horndon Primary School Menu 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT FREE French Bread Pizza	Homemade Sausage Roll	Local Butcher's Roast Gammon, Yorkshire Pudding and Gravy	NEW! Sticky Wicket Pork Strips (Chinese style)	FISH FRIDAY Chip Shop Mini Battered Fish Fillets Served with a Lemon Wedge
	Cheese and Onion Roll	Roasted Vegetable Yorkshire Pudding	Sweet Potato Rosti	Omelette
Pasta Salad or Carrot and Sultana Salad	Buttered New Potatoes, Baked Beans or Peas	Roast Potatoes, Green Beans and Carrots	White and Wholegrain Rice Or Chinese Stir Fry Egg Noodles and Broccoli Florets	Chips, Garden Peas or Golden Sweetcorn
Tuna Mayonnaise or Egg Tortilla Wrap served with Pasta Salad and Vegetable Sticks	Pasta Bowl topped with Chicken or Grated Cheese		Freshly Baked Baguette filled with Cheese and Cucumber served with Mixed Salad and Vegetable Sticks	
Chocolate Brownie served with an Orange Wedge	Fresh Fruit Salad	100% Fruit Lolly	Italian Lemon Cake	Individual Ice Cream Pots

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West Horndon Primary School Menu 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT FREE Tuna and Sweetcorn Pasta Bake	Local Butcher's Beef Burger in a Bun with Onions served with Tomato Ketchup	Local Butcher's Roast Turkey Breast served with Sage & Onion Stuffing and Gravy	Tandoori Chicken	FISH FRIDAY Gluten Free Bubble Fish served with a Lemon Wedge and Tartar Sauce
MEAT FREE Smoky Tomato Pasta with Cheddar and Mozzarella Cheese	Vegetable Burger in a Bun	Roasted Vegetable Strudel	Macaroni Cheese	Frittata
Garlic Bread and Italian Mixed Leaf Salad	Dry Baked Tiger Wedges and American Coleslaw	Roast Potatoes, Sweetheart Cabbage and Carrots	Wholegrain & White Rice Naan Bread	Chips, Garden Peas or Baked Beans
Grated Carrot and Cheese or Egg Mayonnaise Tortilla Wrap served with Pasta Salad and Vegetable Sticks	Pasta Bowl topped with Coronation Chicken or Ham and Cucumber		Mini Bagel filled with Tuna Mayonnaise or Ham served with Mixed Salad and Vegetable Sticks	
Victoria Sponge Sandwich	Melon Boats	Frozen Fruit Smoothie	Strawberry Cheesecake	Chocolate Arctic Roll

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Fresh Bread, Fresh Fruit, Muller fruit corner, Yeo Valley yoghurt, Fresh Milk and Water**