

# PRIMARY MENUS from September 2017 to July 2018 Shawlands

Week commencing – 4/9/17,25/9/17,16/10/17,13/11/17,4/12/17,8/1/18,29/1/18,26/2/18,19/3/18,23/4/18,14/5/18,11/6/18,27/7/18,23/7/18.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	All Day Breakfast Bacon , Sausage, Hash Brown, Scrambled Egg, ½ Sliced Bread	Spaghetti Bolognaisse Crusty Roll	Roast Pork with Apple Sauce Stuffing Creamed Potatoes	Sweet Chilli Chicken Fillet with Noodles.	Fish Fingers Chips
<b>Vegetarian Option</b>	Homemade Quiche With Jacket Wedges	Quorn Sausage Jacket Wedges	Vegetarian Burger	Crispy Quorn Fajitas With Salad	Homemade Pasta Bake serve with crusty roll and side salad.
<b>Accompaniments</b>	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Mixed Vegetables Or Salad & Sweetcorn	Garden Peas and Salad Parsley or Tomato Sauce
<b>Salad Bar Selection</b>	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
<b>Desserts - Main</b>	Homemade Apple Crumble with Custard.	Decorated Muffin.	Iced Cherry Bakewell	Ice Cream	Homemade Steamed Syrup Sponge with Custard
<b>Daily Selection of Desserts</b>	Arctic Roll Yoghurts Fresh Fruit Selection	Jelly Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Raspberry Buns Yoghurts Fresh Fruit Selection	Homemade Cookie Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes / Pasta Bar</b>	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
<b>Bread Basket</b>	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.

# PRIMARY MENUS From September 2017 to July 2018 Shawlands

Week Commencing – 11/9/17, 2/10/17, 23/10/17, 20/11/17, 11/12/17, 15/1/18, 5/2/18, 5/3/18, 9/4/18, 30/4/18, 21/5/18, 18/6/18, 9/7/18, 30/7/18.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Pizza Slice Jacket Wedges	Meat & Potato Pie or Plate Pie Roast Potatoes Mint Sauce	Roast Beef with Yorkshire Pudding Creamed Potatoes	2 Sausages with Homemade Yorkshire Pudding Creamed Potatoes	Fish Fingers Chips ½ Slice Bread
<b>Vegetarian Option</b>	Macaroni Cheese Julienne Vegetables Crusty Roll	Quorn Sausages	Vegetarian Burger	Vegetarian Chili & Rice	Pasta Swirls in Homemade Tomato Sauce with Crusty Roll
<b>Accompaniments</b>	Baked Beans Coleslaw	Sliced Carrots Garden Peas Gravy	Broccoli Sweetcorn Gravy	Mixed Vegetables Gravy	Garden Peas Baton Carrots Tomato Sauce or Parsley sauce
<b>Salad Bar Selection</b>	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
<b>Desserts - Main</b>	Eves Pudding with Custard	Rice Pudding with Fruit	Frosted Chocolate Shortcake	Arctic Roll	Homemade Lemon Sponge with Custard
<b>Daily Selection of Desserts</b>	Sweet Pancake with Berries & Toffee Sauce. Yoghurts Fresh Fruit Selection.	Butterfly Buns Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Caramel Square Yoghurts Fresh Fruit Selection	Chocolate Mousse Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes/ Pasta Bar</b>	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
<b>Bread Basket</b>	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of breads

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# PRIMARY MENUS From September 2017 to July 2018 Shawlands

Week Commencing – 18/9/17,9/10/17,6/11/17, 27/11/17, 18/12/17,22/1/18, 19/2/18,12/3/18, 16/4/18,7/5/18,4/6/18,25/6/18, 16/7/18.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Oven Baked Chicken Goujons Chips	Lasagne Crusty Roll	Roast Turkey with Stuffing Creamed Potatoes	Butchers Pork Sausage in a Finger Roll Jacket Wedges	Fish Fillet Creamed Potatoes
<b>Vegetarian Option</b>	Southern Style Burger In a Bun	Quorn Meatballs in Tomato Sauce with Spagetti and Crusty Roll.	Quorn Fillet	Cheese Pizza	Quorn Sausage with Gravy
<b>Accompaniments</b>	Sweetcorn Coleslaw	Garden Peas Sweetcorn	Baton Carrots Broccoli Gravy	Baked Beans Braised Onions	Garden Peas Sliced Carrots Parsley Sauce or Tomato Sauce
<b>Salad Bar Selection</b>	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
<b>Desserts - Main</b>	Homemade Chocolate Sponge with Chocolate Sauce	Jelly Cream	Iced Cake Slice with Fruit Wedges	Waffle with Sliced Banana Toffee sauce	Homemade Shortcake with Custard
<b>Daily Selection of Desserts</b>	Fruit Flapjack Yoghurts Fresh Fruit Selection.	Homemade Cookies Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Muffins Yoghurts Fresh Fruit Selection	Fruit Cheesecake Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes/ Pasta Bar</b>	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings &	Choice of Hot and Cold Fillings
<b>Bread Basket</b>	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

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