

Primary – WEEK ONE

MEAT FREE MONDAY

Cheese
and
Tomato Pizza (v)

Chips
Coleslaw

* * * *

Quorn Keema Curry(v)
Savoury Rice

Cauliflower

* * * *

Sandwich Selection (v)
* * * *

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

TUESDAY

Lasagne

Garlic & Herb Bread

Garden Peas

* * * *

BBQ Quorn Fillet (v,vg)

Seasoned Potato
Wedges

Baked Beans

* * * *

Sandwich Selection
* * * *

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

September 2021 – July 2022

WEDNESDAY

Mince and Dumplings

Creamed Potatoes

Broccoli

* * * *

Meat Free Cheeseburger
(v,vg)

in Bun
Chips

Sweetcorn

* * * *

Sandwich Selection
* * * *

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

THURSDAY

Roast Pork
Sage and Onion Stuffing

Baby Boiled Potatoes

Carrots

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Lentil and Vegetable
Soup (v)

with

Cheesy Crouton

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Sandwich Selection
* * * *

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

FRIDAY

Salmon

or

Cod Fish Fingers
Oven Roast Potatoes

Beetroot

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Cheese and Onion Quiche
(v)

Oven Roast Potatoes

Garden Peas

* * * *

Sandwich Selection
* * * *

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT

Frozen Flavoured
Yoghurt

DESSERT

Flapjack
with Custard

DESSERT

Melting Moment Biscuit
Chilled Drink

DESSERT

Chocolate Cake
with Chocolate Sauce

DESSERT

Strawberry Cupcake
Chilled Drink

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets

Primary – WEEK TWO

MEAT FREE MONDAY

Macaroni Cheese (v)

Focaccia Bread

Garden Peas

★ ★ ★ ★

Vegetable Fingers(v)

with

Tomato Ketchup

Seasoned Wedges

Garden Peas

★ ★ ★ ★

Sandwich Selection (v)

★ ★ ★ ★

Jacket Potato

with Choice of Filling

Cheese, Baked Beans (v)
or Tuna

TUESDAY

Baked Low Fat Pork

Sausages

Creamed Potatoes

Broccoli

★ ★ ★ ★

Chinese Style Vegetable

Curry (v, vg)

Steamed Rice

or

Egg Noodles

★ ★ ★ ★

Sandwich Selection

Jacket Potato

with Choice of Filling

Cheese, Baked Beans (v)
or Tuna

WEDNESDAY

Spaghetti Bolognese

Garlic Bread

Sweetcorn

★ ★ ★ ★

Cheese Omelette (v)

Hash Browns

Baked Beans

★ ★ ★ ★

Sandwich Selection

★ ★ ★ ★

Jacket Potato

with Choice of Filling

Cheese, Baked Beans (v)
or Tuna

September 2021 – July 2022

THURSDAY

Roast Chicken Fillet

Yorkshire Pudding

Oven Roast Potatoes

Savoy Cabbage

★ ★ ★ ★

Tuna

or

Cheese Tortilla Wedge(v)

Oven Roast Potatoes

Coleslaw

★ ★ ★ ★

Sandwich Selection

Jacket Potato

with Choice of Filling

Cheese, Baked Beans (v)
or Tuna

FRIDAY

Cod Fishcake

Chips

Spaghetti Hoops

★ ★ ★ ★

Quorn and Vegetable

Pie (v)

Creamed Potatoes

Carrots

★ ★ ★ ★

Sandwich Selection

★ ★ ★ ★

Jacket Potato

with Choice of Filling

Cheese, Baked Beans (v)
or Tuna

Available Daily,

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT

Madeleine

Sponge

with Custard

DESSERT

Lemon Drizzle Cake

with Custard

DESSERT

Chocolate Banana Muffin

Chilled Drink

DESSERT

Ice Cream Tub

with

Shortbread Finger

DESSERT

Anzac Biscuit

Chilled Drink

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Primary – WEEK THREE

September 2021 – July 2022

MEAT FREE MONDAY

Pasta Pomodoro(v)
 Garlic Bread
 Sweetcorn
 * * * *
 Fishless Fish Fingers
 (v,vg)
 Chips
 Garden Peas
 * * * *
 Sandwich Selection (v)
 * * * *
 Jacket Potato
 with Choice of Filling
 Cheese, Baked Beans (v)
 or Tuna

TUESDAY

Chicken Jalfrezi
 Rice
 or
 Naan Bread
 Minted Apple and
 Cucumber Salad
 * * * *
 Quorn Burger (v)
 in
 Bun
 Oven Roast Potatoes
 Baked Beans
 * * * *
 Sandwich Selection
 * * * *
 Jacket Potato
 with Choice of Filling
 Cheese, Baked Beans (v)
 or Tuna

WEDNESDAY

Meat Balls in Gravy
 Creamed Potatoes
 Broccoli
 * * * *
 Pizza Margherita (v)
 Seasoned Wedges
 Sweetcorn
 * * * *
 Sandwich Selection
 * * * *
 Jacket Potato
 with Choice of Filling
 Cheese, Baked Beans (v)
 or Tuna

THURSDAY

Roast Beef
 Yorkshire Pudding
 Oven Roast Potatoes ‘
 Carrots
 * * * *
 Quorn Dippers (v)
 Hash Browns
 Spaghetti Hoops
 Sandwich Selection
 * * * *
 Jacket Potato
 with Choice of Filling
 Cheese, Baked Beans (v)
 or Tuna

FRIDAY

Crispy Coated Fish
 Chips
 Garden or Mushy Peas
 * * * *
 Quorn Sausage Roll(v)
 Chips
 BBQ Baked Beans
 * * * *
 Sandwich Selection
 * * * *
 Jacket Potato
 with Choice of Filling
 Cheese, Baked Beans (v)
 or Tuna

Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT
 Frozen Strawberry Mousse

DESSERT
 Sticky Date Pudding
 with Custard

DESSERT
 Rice Pudding
 with Peaches

DESSERT
 Pineapple Upside Down
 Cake with Custard

DESSERT
 Fresh Fruit Salad
 or Yoghurt

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