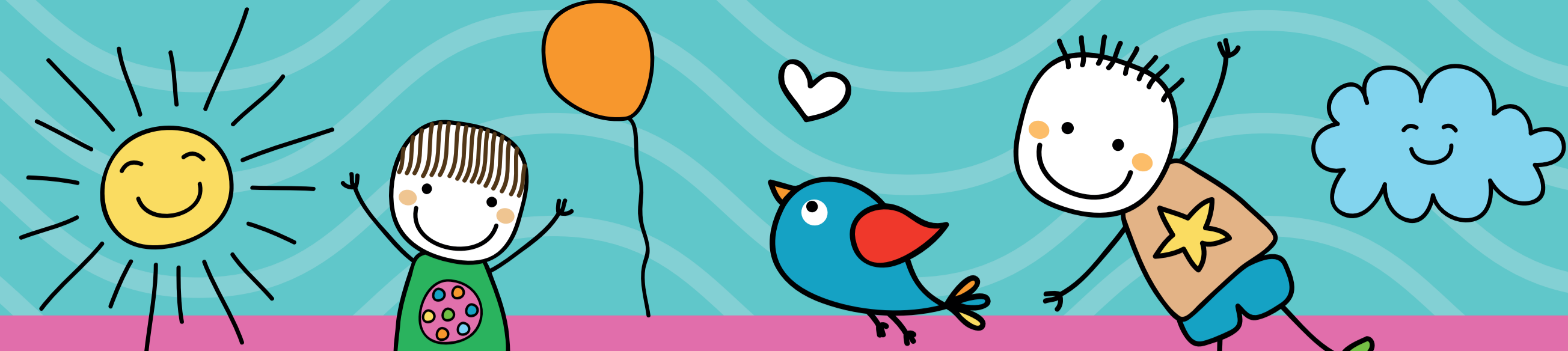


Primary School Lunch Menu



week one

3 September 18 • 24 September
 15 October 18 • 12 November 18
 3 December 18 • 7 January 19
 28 January 19 • 25 February 19
 18 March 19 • 22 April 19
 13 May 19 • 10 June 19
 1 July 19

Monday

MEAT FREE MONDAY
 Macaroni Cheese (v)
 Freshly Baked Petit Pan
 Mixed Vegetables

Quorn Cottage Pie (v)
 Savoy Cabbage
 Carrots

Baked Bean Filled Jacket Potato (v)
 Angel Delight (v)

Tuesday

Chicken Fillet or Quorn Fillet (v)
 with Katsu Curry Sauce

Steamed Rice • Cauliflower

Cheese and Onion Slice (v)
 Mashed Potato • Baked Beans

Tuna Tortilla Wedge

Fruity Flapjack • Custard

Wednesday

Minced Beef or Minced Quorn (v)
 with Herb Dumpling

Carrot & Swede Mash
 Garden Peas

Sweet and Sour Pork

Egg Noodles • Garden Peas

Chicken Mayo Filled Jacket Potato
 Fresh Fruit Salad • Chilled Yoghurt

Thursday

Roast Turkey or Quorn Fillet (v)
 with Sage and Onion Stuffing

Oven Roast Potatoes
 Turnip

Vegetable Pasta Bake (v)
 Garlic Dough Balls • Broccoli

Ham and Tomato Baguette

Chocolate Brownie
 Chocolate Sauce

Friday

Crispy Coated Fish
 Chips • Mushy Peas

Homemade Lentil (v)
 or Tomato Soup (v)
 Focaccia Bread

Cheese Filled Jacket Potato

Fresh Fruit
 Frozen Yoghurt

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits. (v) Suitable for Vegetarians.
 Choice of Drinks: Fruit juice drink, reduced fat milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

week two

10 September 18 • 1 October 18
 22 October 18 • 19 November 18
 10 December 18 • 14 January 19
 4 February 19 • 4 March 19
 25 March 19 • 29 April 19
 20 May 19 • 17 June 19
 8 July 19

Monday

MEAT FREE MONDAY

Quorn Spaghetti Bolognese (v)
 Herb Bread
 Broccoli

Carrot and Leek Quiche (v)
 Country Diced Potatoes • Baked Beans

Tuna and Sweetcorn
 Filled Jacket Potato

Carrot Cake • Chilled Drink

Tuesday

Baked Pork Sausage
 or Quorn Sausage (v)
 with Yorkshire Pudding

Oven Roast Potatoes
 Carrots

Chicken Jalfrezi
 Bombay Potatoes • Sliced Green Beans

Egg Mayo Sandwich (v)

Fresh Fruit Selection • Yoghurt Pot

Wednesday

Turkey or Quorn
 & Vegetable (v) Cobbler

Creamed Potatoes • Cabbage

Thin & Crispy Pizza Margherita (v)

Seasoned Potato Wedges
 Coleslaw

Chicken Mayo Filled Jacket Potato

Sticky Date Pudding
 Custard

Thursday

Roast Gammon with Pineapple

New Potatoes • Sweetcorn

Classic Hot Dog or Quorn Frankfurter (v)
 in Bun

Sweet Potato Fries

Wholemeal Spaghetti Hoops

Cheese and Spring Onion Sandwich (v)

Shortbread • Custard

Friday

Lamb or Quorn Kofta (v)
 with Mint Raita in Pitta Pocket
 Sweet Pepper Rice

Salmon or Cod Fish Fingers

Chips • Garden Peas

Baked Bean Filled Jacket Potato (v)

Fruit Salad
 Chilled Yoghurt

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits. (v) Suitable for Vegetarians.
 Choice of Drinks: Fruit juice drink, reduced fat milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

week three

17 September 18 • 8 October 18
 5 November 18 • 26 November 18
 17 December 18 • 21 January 19
 11 February 19 • 11 March 19
 1 April 19 • 6 May 19
 3 June 18 • 24 June 19
 15 July 19

Monday

MEAT FREE MONDAY

Thin & Crispy Quorn Bolognese
 Pizza (v)

Country Diced Potatoes • Peas

Chinese Style Vegetable Curry (v)
 Egg Noodles

Baked Bean Filled Jacket Potato (v)

Raspberry Ripple or Strawberry
 Frozen Mousse (v)

Tuesday

BBQ Chicken Grill
 Seasoned Wedges • Sweetcorn

Lasagne or Quorn Lasagne (v)
 Herb Bread
 Broccoli

Carrot & Cheese Savoury Sandwich (v)

Lemon Drizzle Cake
 Custard

Wednesday

Chicken Korma
 Boiled Rice or Naan Bread
 Garden Peas

Beef Burger or Quorn Burger (v)
 in Bun

Sweet Potato Fries • Baby Corn

Ham Salad Wrap

Fresh Fruit Selection
 Yoghurt Pot

Thursday

Italian Style Meatballs
 with Spaghetti
 Garlic Bread • Green Beans

Vegetable Nuggets (v)
 or Chicken Nuggets

New Potatoes • Beetroot

Tuna Mayo Filled Jacket Potato

Banana Muffin • Choice of Drink

Friday

Cod Fishcake
 Chips • Baked Beans

Minced Beef Pie
 or Quorn Mince Pie (v)
 Chips • Garden Peas

Chicken and Sweetcorn Sandwich

Chocolate Coconut Slice
 Custard

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits. (v) Suitable for Vegetarians.
 Choice of Drinks: Fruit juice drink, reduced fat milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.



September 2018 - July 2019



Red Tractor Assurance

Newcastle City Council