















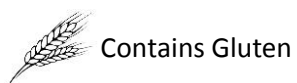




Benthal Primary School Lunch Menu – Week 1
















| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|--|---|--|---|
| Main Meal Meat | Lamb Burgers & Ketchup |  Jacket Potato  with choice of 2 fillings: |  Baked white Fish  with Parsley Sauce | Diced Lamb  Jalfrezi and Veg Samosa | Veg Pizza  |
| Main Meal Vegetarian |  Veg Burgers &  Ketchup | <i>Tuna Cheese, Coleslaw, Baked Beans</i> |  Spinach and Feta Flan |  Chick Pea Curry and Veg Samosa | |
| Carbohydrate | Wedges | | Lemon and  Coriander Cous-Cous | Pilau Rice | Chips  |
| Side Vegetable | Sweetcorn | | Roast Red Peppers and Courgettes | Peas | Raw Carrot Sticks |
| Salad | Salad Selection | Salad Selection | Salad Selection | Salad Selection | Salad Selection |
| Dessert | Gluten –Free Yoghurt  |  Peach Crumble | Slices of Melon | Carrot Sponge  Cake  | Fresh Fruit Salad with Strawberries |
| Drink | Water/Milk | | | | |

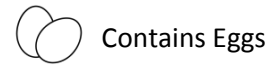
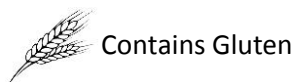


Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal



Benthal Primary School Lunch Menu – Week 2












| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|--|--|---|---|
| Main Meal Meat | Sausage Roll (Chicken) & Gravy  | Vegetable Lasagne |   Jacket Potato with choice of 2 fillings: <i>Tuna</i> <i>Cheese, Coleslaw,</i> <i>Baked Beans</i> | Chicken Casserole  | Fish Fingers  |
| Main Meal Vegetarian | Veg Sausage Roll & Gravy  | | | Veg Casserole  | Spanish Omelette  |
| Carbohydrate | Mashed Potato | Garlic Bread  |   Jacket Potato with choice of 2 fillings: <i>Tuna</i> <i>Cheese, Coleslaw,</i> <i>Baked Beans</i> | Boiled Potatoes | Chips |
| Side Vegetable | Green Beans | Carrot Rounds | | Broccoli | Baked Beans |
| Salad | Salad Selection | Salad Selection | Salad Selection | Salad Selection | Salad Selection |
| Dessert | Cherry Pie and Custard   | Fruit Salad with Strawberries | Rice Pudding and Jam  | Pineapple Rings | Gluten-Free Yoghurt  |
| Drink | Water/Milk Fresh | | | | |



Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal



Benthal Primary School Lunch Menu – Week 3

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|--|---|--|---|
| Main Meal Meat | Chicken Sausages in a hot dog roll & ketchup  | Lamb Steak & Gravy Pie  | BBQ Chicken Wings |   Jacket Potato with choice of 2 fillings: <i>Tuna,</i> <i>Cheese Coleslaw,</i> <i>Baked Beans</i> | Quorn Mince Bolognese in a Tomato & Basil sauce |
| Main Meal Vegetarian |  Veg Sausages in a hot dog roll & ketchup  | Veg Pie | Mushroom Stroganoff | | |
| Carbohydrate | Wedges | Roast Potato | Seasonal Rice | | Pasta Fusilli  Garlic Bread |
| Side Vegetable | Raw Carrot Sticks | Broccoli | Peas | | Green Beans |
| Salad | Salad Selection | Salad Selection | Salad Selection | Salad Selection | Salad Selection |
| Dessert | Apple Pie and Custard  | Fresh Fruit Salad with Strawberries  | Gluten Free Yoghurt  | Slices of melon | Ice Cream Scoop  |
| Drink | Water/Milk | | | | |



Contains Gluten



Contains Dairy



Contains Soya



Contains Eggs



Contains Fish

Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal

Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal