

Primary LUNCH MENU



Meat Free Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

04.09.2023
02.10.2023
30.10.2023
27.11.2023

Vegetable Burger in a Bun with Jumbo Potato Wedges and Baked Beans

Vanilla Yoghurt with Oaty Biscuit

Thai Style Chicken Noodles with Red Peppers and Broccoli

Thai Style Mushroom Noodles with Red Peppers and Broccoli

Cheddar Cheese & Crackers

Pork Sausage with Mashed Potato, Green Beans and Gravy

Vegetable Sausage with Mashed Potato, Green Beans and Gravy

Flapjack

Chicken, Lentil and Carrot Korma with Brown Rice and Peas

Chickpea, Lentil and Carrot Korma with Brown Rice and Peas

Coconut and Jam Cake

MSC Salmon Mac n Cheese with Carrots and Red Pesto Bread Finger

Cherry Tomato Mac n Cheese with Carrots and Red Pesto Bread Finger

Melon Wedges

Week 2

11.09.2023
09.10.2023
06.11.2023
04.12.2023

Jacket Potato with Barbeque Baked Beans, Cheddar Cheese & Sweetcorn

Strawberry Jelly

Swedish Meatballs with Creamy Gravy, Rice and Green Beans

Sweet Potato Falafel with Creamy Gravy, Rice and Green Beans

Lemon Drizzle Cake

Creamy Chicken and Sweetcorn Pasta Bake with Mozzarella Topping, Broccoli and Garlic Bread

Creamy Leek, Sweetcorn and Butter Bean Pasta Bake with Mozzarella Topping, Broccoli and Garlic Bread

Strawberry Shortbread

Pulled Gammon Cauliflower Cheese with Crispy Crouton Topping and Carrots

Cannellini Bean Cauliflower Cheese with Crispy Crouton Topping and Carrots

Black Cherry Yoghurt with Oaty Biscuit

MSC Fish Burger in a Bun with Rosemary Potato Wedges and Peas

Vegetable Burger in a Bun with Rosemary Potato Wedges and Peas

Fresh Fruit Salad

Week 3

18.09.2023
16.10.2023
13.11.2023
11.12.2023

Spinach and Ricotta Tortellini in Creamy Tomato Sauce with Cheese, Green Beans and Garlic Bread

Flapjack

Roast Chicken with Gratin Potatoes and Broccoli

Spiced Roast Cauliflower with Gratin Potatoes and Broccoli

Melon Wedge

Mexican Beef and Bean Chilli with Brown Rice and Carrots

Mexican Sweet Potato and Bean Chilli with Brown Rice and Carrots

Banana and Chocolate Chip Cake

Jacket Potato with Tuna Mayo and Sweetcorn

Jacket Potato with Baked Beans and Cheddar Cheese

Strawberry Jelly

MSC Fish Fingers with Mashed Potato and Peas

Vegetable Fingers with Mashed Potato and Peas

Strawberry Yoghurt with Oaty Biscuit

Week 4

25.09.2023
23.10.2023
20.11.2023
18.12.2023

Tomato and Mozzarella Pizza with Rosemary Potato Wedges and Sweetcorn

Blueberry Muffin

Chicken a la King with Rice and Green Beans

Cannellini Bean a la King with Rice and Green Beans

Fresh Fruit Salad

Lamb and Lentil Shepherd's Pie with Leeks and Peas

Sweet Potato and Lentil Shepherd's Pie with Leeks and Peas

Mango Yoghurt with Oaty Biscuit

Beef Bolognese with Penne Pasta, Cucumber Sticks and Garlic Bread

Mushroom Bolognese with Penne Pasta, Cucumber Sticks and Garlic Bread

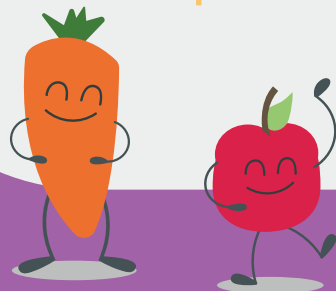
Pineapple Sticks

MSC Breaded Fish Fillet with Roast Potatoes and Broccoli

Vegetable Grill with Roast Potatoes and Broccoli

Cheddar Cheese & Crackers

All Our Dairy Products are Red Tractor Assured - Subject to availability

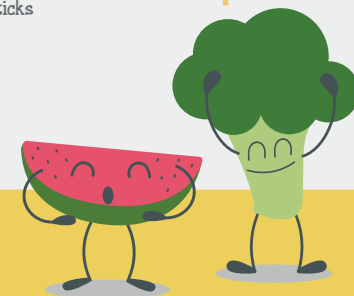


MSC - Approved by the Marine Stewardship Council

CRUMBS

FOOD CO

A type of Bread or Tortilla Chips and Fresh Salad is available every day



Laura Matthews Nutrition

Reduced Salt and Sugar