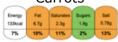
Primary School Menu

WEEK

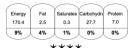
Dates: 17th April, 8th May, 5th June, 26th June, 17th July, 11th Sept, 2nd October, 23rd October

Monday

Baked Sausages Mashed Potatoes Peas Carrots



Vegetable Burrito Seasonal Salad



Home Bake - Iced Buns

Fresh Fruit Platter Yogurts

Tuesday

Tandoori Chicken Wrap Potato Wedges Corn Cobs

1					
1	Energy	Fat	Saturates	Carbohydra	Protein
П	102.9	6.7	1.1	1.7	8.7
ţ	5%	10%	5%	0%	0%

Salmon Fish Cake Potato Wedges Corn Cobs

$\overline{}$		\sim		$\overline{}$
6%	7%	4%	0%	0%
129.4	4.9	0.7	15.2	4.4
Energy	Fat	Saturates	Carbohydra	Protein

Home Bake - Frosted Carrot Cake

Fresh Fruit Platter Yogurts

Wednesday

Roast Chicken Roast Potatoes Green Beans Cauliflower

Energy	Fat	Saturates	Carbohydra	Protein
63.6	0.7	0.2	0.0	14.4
3%	1%	1%	0%	0%

Quorn Roast Roast Potatoes Green Beans, Cauliflower

		***	Ψ.	
3%	1%	1%	0%	0%
51.1	0.6	0.3	1.2	8.7
Energy	Fat	Saturates	Carbohydra	Prote

Home Bake - Chocolate Cookie

Fresh Fruit Platter Yogurts

Thursday

Homemade Sausage Roll Mashed Potatoes Baked Beans

Energy 120 5	Fat	Saturates	Carbohydra	Protein 5.9
6%	13%	16%	0%	0%

Vegetable Noodle Chow Mein

Energy	Fat	Saturates	Carbohydra	Protein
238.7	4.8	0.5	39.7	8.1
12%	7%	3%	0%	0%

Home Bake - Apple Flapjack

Fresh Fruit Platter
Yogurts

Friday

Fish Fingers Chips Crudites & Coleslaw

9%	12%	4%	0%	0%
183.6	8.2	0.7	15.3	11.7
Energy	Fat	Saturates	Carbohydra	Protein

Cheese & Tomato
Pizza
Chips
Baked Beans

	unc	Ju D	Cari	3
Energy 154.8	Fat 5.0	Saturates 2.3	Carbohydri 19.8	Protein 6.6
8%	7%	12%	0%	0%

Strawberry Mousse

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread Seasonal Salads



MSC-C-54995





Primary School Menu

Dates: 24th April, 15th May, 12th June, 3rd July, 24th July, 18th Sept, 9th October

WEEK

Monday

Chicken Burger in a bun Potato Wedges Seasonal Salad

	<u> </u>	***	-	-
9%	5%	4%	0%	0%
180.0	3.7	0.9	29.4	6.1
Energy	Fat	Saturates	Carbohydra	Protein

Kentucky Veggie Burger in a bun Potato Wedges Seasonal Salad

Energy	Fat	Saturates	Carbohydra	Protein
315.3	13.9	1.8	33.7	11.8
16%	20%	9%	0%	0%

Home - Bake Lemon Drizzle Cake

Fresh Fruit Platter Yogurts

Tuesday

Meat Bolognaise Pasta Broccoli

14%	3%	2%	0%	0%
Energy 269.9	Fat 1.9	Saturates 0.4	Carbohydri 15.4	Proteir 13.9

Cheese Flan Sliced Potatoes Broccoli



Home Bake - Oat Cookie

Fresh Fruit Platter **Yogurts**

Wednesday

Roast Pork or Chicken & Rice Roast Potatoes Green Beans Cauliflower



Tomato Pasta Bake Green Beans & Cauliflower



Raspberry Iced Smoothie

Fresh Fruit Platter **Yogurts**

Thursday

Chicken Bites Sliced Potatoes Baked Beans

Energy	Fat	Saturates	Carbohydra	Protein			
180.0	3.7	0.9	29.4	6.1			
9%	5%	4%	0%	0%			

Cauliflower & Broccoli Bake Mashed Potatoes



Home Bake -Chocolate Brownie

Fresh Fruit Platter Yogurts

Friday

Fish Fingers Chips

Energy	Fat	Saturates	Carbohydri	Proteir
183.6	8.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

Cheese & Tomato Pizza Chips & Peas



Home Bake - Fruit Muffin

Fresh Fruit Platter **Yogurts**

Available Daily

Home Baked Bread Seasonal Salads









Primary School Menu Dates: 1st May, 22nd May, 19th J

WEEK THREE

Dates: 1st May, 22nd May, 19th June, 10th July, 4th Sept, 25th Sept, 16th October

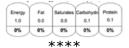
Monday

Meatballs in Tomato Sauce Pasta

Corn Cobs & Salad



Vegetable Nugget Wrap Sweet Potato Fries Corn Cobs & Salad



Home Bake – Vanilla Cookie

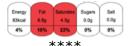
Fresh Fruit Platter
Yogurts

Tuesday

Chicken Curry Rice Green Beans



Filled Panini Potato Wedges Coleslaw



Jelly & Ice Cream

Fresh Fruit Platter

Yogurts

Wednesday

Roast Chicken Roast Potatoes Cabbage Carrots



Cheese Whirl Baked Beans



Home Bake - Apple Eve Pudding & Custard ****

Fresh Fruit Platter Yogurts

Thursday

Meat & Potato Pie Broccoli Sweetcorn



Macaroni Cheese Broccoli Sweetcorn



Chocolate Mousse

Fresh Fruit Platter
Yogurts

Friday

Fish Fingers Chips

reas					
Energy 183.6	Fat 8.2	Saturates 0.7	Carbohydn 15.3	Protein 11.7	
9%	12%	4%	0%	0%	

Cheese & Tomato Pizza Chips & Peas



Rocket Lolly

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread Seasonal Salads







