

Primary School Menu

WEEK ONE

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

Monday

Baked Sausages
Mashed Potatoes
Peas
Carrots

Energy	Fat	Saturates	Sugars	Salt
133kcal	6.7g	2.3g	1.9g	0.75g
7%	10%	11%	2%	13%

Vegetable Burrito
Seasonal Salad

Energy	Fat	Saturates	Carbohydrate	Protein
170.4	2.5	0.3	27.7	7.0
9%	4%	1%	0%	0%

Home Bake - Iced Buns

Fresh Fruit Platter
Yogurts

Tuesday

Tandoori Chicken
Wrap
Potato Wedges
Corn Cobs

Energy	Fat	Saturates	Carbohydrate	Protein
102.9	6.7	1.1	1.7	8.7
5%	10%	5%	0%	0%

Salmon Fish Cake
Potato Wedges
Corn Cobs

Energy	Fat	Saturates	Carbohydrate	Protein
129.4	4.9	0.7	15.2	4.4
6%	7%	4%	0%	0%

Home Bake - Frosted Carrot Cake

Fresh Fruit Platter
Yogurts

Wednesday

Roast Chicken
Roast Potatoes
Green Beans
Cauliflower

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

Quorn Roast
Roast Potatoes
Green Beans,
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
51.1	0.6	0.3	1.2	8.7
3%	1%	1%	0%	0%

Home Bake - Chocolate Cookie

Fresh Fruit Platter
Yogurts

Thursday

Homemade Sausage
Roll
Mashed Potatoes
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
129.5	8.9	3.2	6.5	5.9
6%	13%	16%	0%	0%

Vegetable Noodle
Chow Mein

Energy	Fat	Saturates	Carbohydrate	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

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

Cheese & Tomato
Pizza
Chips
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
154.8	5.0	2.3	19.8	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 TWO

Monday

Chicken Burger in a bun
Potato Wedges
Seasonal Salad

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

Kentucky Veggie Burger in a bun
Potato Wedges
Seasonal Salad

Energy	Fat	Saturates	Carbohydrate	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 Bolognese
Pasta
Broccoli

Energy	Fat	Saturates	Carbohydrate	Protein
269.9	1.9	0.4	15.4	13.9
14%	3%	2%	0%	0%

Cheese Flan
Sliced Potatoes
Broccoli

Energy	Fat	Saturates	Carbohydrate	Protein
236.8	16.2	8.7	11.5	10.6
12%	23%	43%	0%	0%

Home Bake – Oat
Cookie

Fresh Fruit Platter
Yogurts

Wednesday

Roast Pork or Chicken
& Rice
Roast Potatoes
Green Beans
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
124.8	8.1	3.2	1.1	12.1
6%	12%	16%	0%	0%

Tomato Pasta Bake
Green Beans &
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
310.6	10.7	5.6	6.5	15.0
16%	15%	28%	0%	0%

Raspberry Iced
Smoothie

Fresh Fruit Platter
Yogurts

Thursday

Chicken Bites
Sliced Potatoes
Baked Beans

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

Cauliflower &
Broccoli Bake
Mashed Potatoes

Energy	Fat	Saturates	Carbohydrate	Protein
378.2	9.4	5.0	18.5	18.0
19%	13%	25%	0%	0%

Home Bake -
Chocolate Brownie

Fresh Fruit Platter
Yogurts

Friday

Fish Fingers
Chips
Peas

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

Cheese & Tomato
Pizza
Chips & Peas

Energy	Fat	Saturates	Carbohydrate	Protein
154.8	5.0	2.3	19.8	6.6
8%	7%	12%	0%	0%

Home Bake - Fruit
Muffin

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread
Seasonal Salads



MSC-C-54995



Primary School Menu

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

WEEK THREE

Monday

Meatballs in Tomato Sauce
Pasta
Corn Cobs & Salad

Energy	Fat	Saturates	Sugars	Salt
116kcal	0.9g	0.2g	1.4g	<0.01g
6%	1%	1%	2%	0%

Vegetable Nugget Wrap
Sweet Potato Fries
Corn Cobs & Salad

Energy	Fat	Saturates	Carbohydrate	Protein
1.0	0.0	0.0	0.1	0.1
0%	0%	0%	0%	0%

Home Bake –
Vanilla Cookie

Fresh Fruit Platter
Yogurts

Tuesday

Chicken Curry
Rice
Green Beans

Energy	Fat	Saturates	Carbohydrate	Protein
342.9	12.2	4.4	42.3	15.2
17%	17%	22%	0%	0%

Filled Panini
Potato Wedges
Coleslaw

Energy	Fat	Saturates	Sugars	Salt
63kcal	6.8g	4.3g	0.0g	0.0g
4%	10%	22%	0%	0%

Jelly & Ice Cream

Fresh Fruit Platter
Yogurts

Wednesday

Roast Chicken
Roast Potatoes
Cabbage
Carrots

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

Cheese Whirl
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
186.2	13.6	8.2	5.2	10.6
9%	19%	41%	0%	0%

Home Bake - Apple
Eve Pudding &
Custard

Fresh Fruit Platter
Yogurts

Thursday

Meat & Potato Pie
Broccoli
Sweetcorn

Energy	Fat	Saturates	Sugars	Salt
63kcal	4.0g	1.9g	1.2g	0.31g
3%	6%	9%	1%	5%

Macaroni Cheese
Broccoli
Sweetcorn

Energy	Fat	Saturates	Carbohydrate	Protein
365.1	13.6	7.3	45.4	14.6
18%	19%	36%	0%	0%

Chocolate Mousse

Fresh Fruit Platter
Yogurts

Friday

Fish Fingers
Chips
Peas

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

Cheese & Tomato
Pizza
Chips & Peas

Energy	Fat	Saturates	Carbohydrate	Protein
154.8	5.0	2.3	19.8	6.6
8%	7%	12%	0%	0%

Rocket Lolly

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread
Seasonal Salads



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