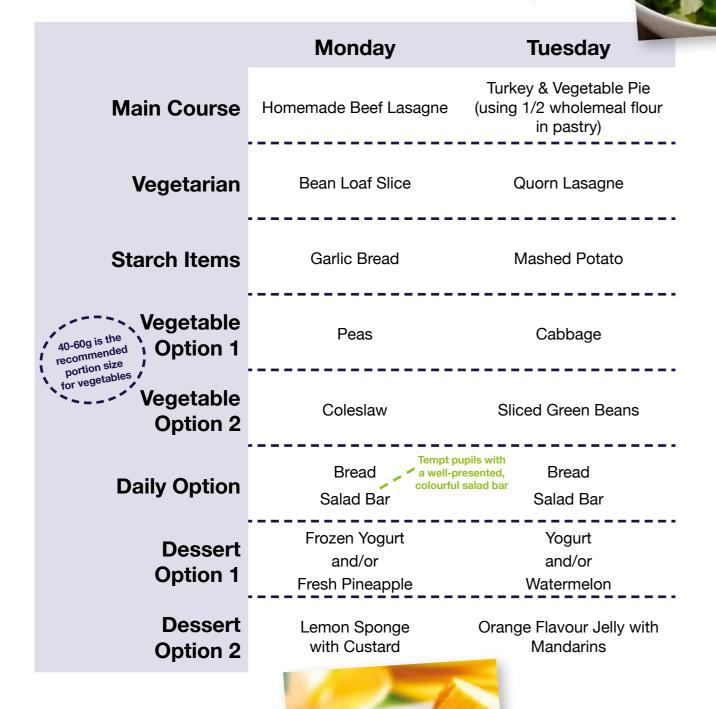
## Week 1: Primary



For vegetarians... a portion of non-dairy protein should be served on 3 or more days each week



Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times

Make sure your recipe contains

**Biscuit** 



## Week 2: Primary

Oily fish such as salmon, mackerel or sardines should be served once every 3 weeks



**Friday** 

Homemade Salmon &

Ketchup Fishcake

Cheese Flan

Chips

Peas

**Baked Beans** 

**Bread** 

Salad Bar

Frozen Yogurt

and/or

Oranges

Parsnip & Coconut

Flapjack \

Parsnips are naturally

sweet - great in this

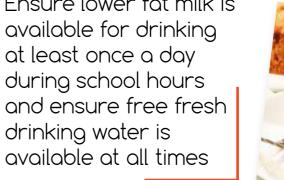
	Monday	Tuesday
Main Course	Chicken & Sweetcorn Pasta	Baked Pork Sausages with Onion Gravy
Vegetarian	Vegetable great source of Aubergine & Lentil Frittata protein - dairy Casserole free too!	
Starch Items	Wholemeal Pitta Bread	Mashed Potato
Vegetable  A0-60g is the recommended portion size portion stables	Carrots	Sweetcorn
for vegetables Vegetable Option 2	Broccoli	Green Cabbage
Daily Option	Bread Bread with no Bread Salad Bar Should be available every day	
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt with Peaches (50% fruit)
Dessert Option 2	Jam Sponge with Custard	Cocoa Beetroot Brownie
		<i>1</i>



For vegetarians...

a portion of non-dairy protein should be served on 3 or more days each week

Our hidden-goodness desserts are





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## Week 3: Primary





	Monday	Tuesday
Main Course	Beef Bolognaise with Wholemeal Pasta	Chicken Fajita
Vegetarian	Aubergine & Lentil Casserole	Cherry Tomato & Pepper Quiche
Starch Items	Breadsticks	50/50 White & Wholegrain Rice
We can veg and seasonal veg and help you source it help you specialist.	Slice up mini corn on the cobs and call them 'Corn Wheels' for something a little bit different!	
help you sollion from our specialist, suppliers Vegetable Option 2	Carrots	Peas
Daily Option	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt and/or Watermelon
Dessert Option 2	Cocoa Courgette Cake with Custard	Fruit Salad (100%)

Ensure lower fat milk is available for drinking at least once a day during school hours and ensure free fresh drinking water is available at all times



