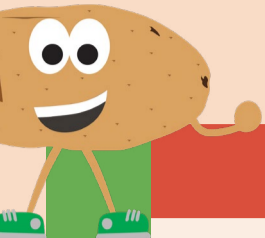


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Ingrow Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



MON

Rich & Creamy Meat Lasagne
(Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)

Golden Cheese Roll
(Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables)

Bombay Biryani Special
(Curried Vegetables and Rice served with Naan Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

TUES

Mexican Style Burrito
(Rice, Sweet Potato, Beans & Vegetables seasoned with Mexican spices & baked in a Tortilla wrap)

Creamy Mac & Cheese
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

Pasta Bolognaise
(A rich Tomato sauce with Soya Mince, Peppers and Herbs)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

WED

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Toad in the Hole
(Quorn Sausage Baked in a light Batter, served with Roast Potatoes)

Garden Harvest Tikka & Rainbow Rice
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

THUR

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Loaded Rainbow Pizza
(Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Banana Muffins
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

FRI

Southern Fried Chicken Goujons & Garlic Mayo
(Red Tractor Accredited pre fried Breaded Chicken, served with Garlic Mayonnaise & baked Jacket Wedges)

Crispy Dippers
(A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges)

Spaghetti Marinara
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

WEEK 1

Beef & Red Lentil Bolognaise & Garlic Bread
(Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread)

Halal Keema & Peas
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

Mexican Style Burrito
(Rice, Sweet Potato, Beans & Vegetables seasoned with Mexican spices & baked in a Tortilla wrap)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, crumbly, Oaty Biscuit)

Golden Cheese Flan
(Mature Cheddar Cheese & Egg Baked in a Pastry Case, served with Seasoned Potatoes)

Vegetable Samosa
(Vegetables with a light Spice encased in Pastry & Baked, served with Raita)

BBQ Quorn Pasta
(Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Apple Crumble & Custard
(Sliced Apples topped with Oat Crumble, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Hearty Shepherd's Pie
(Soya Mince, Veg and Gravy filling, topped with Mashed Potato)

Zingy Peppers Pasta
(A zingy Tomato Sauce with Peppers served with Pasta)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Marble Sponge & Chocolate Sauce
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

WEEK 2

Loaded Wedges with a Mild Mexican Chilli & topping
(Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges)

Rainbow Jambalaya Jamboree
(Mildly spiced Rice with Peppers, Vegetables and Beans, served with Crusty Bread)

Mascarpone Pasta
(A Creamy Sauce with Tomatoes, Mascarpone Cheese and Herbs, served with Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Crispy Crunch
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pastry Lid served with Potatoes)

Halal Chicken Bhuna
(Red Tractor Accredited HMC Chicken stir fried and slow cooked in a spicy Bhuna Masala)

Golden Cheese Whirl
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)

Garden Harvest Tikka & Rainbow Rice
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

Sausage in Gravy with Yorkshire Pudding
(Red Tractor Accredited Sausage, served with Yorkshire Pudding)

Savoury Mince topped Tatties
(Soya Mince, Vegetables & Potatoes, served with a Yorkshire Pudding)

Chinese Curry
(A Chinese Style Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Peaches & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Spicy Vegetable Spring Roll
(Spicy Vegetable encased in Pastry)

Mini Power Ball Pizza
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Meatless Balls)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

American Style Quorn Hot Dog
(Quorn Sausage, served in a White Bun with Seasoned Potatoes)

Chickpea Tikka Masala
(Chickpea's cooked in a Tikka Masala Sauce, served with Basmati Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Crispy Crunch
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

WEEK 3



the **food quarter**

FM SERVICES

For full allergen & nutritional information head to our app

