TOUS MENU

Shadwell Primary

Week 1

W/C - 02/09/19, 23/09/19, 14/10/19, 11/11/19, 02/12/19, 06/01/20, 27/01/20

MONDAY

Chicken Curry with Sunshine Rice

Tomato and Basil Pasta Bake (v)

Halal Chicken Curry with Sunshine Rice

Jacket Potato with Cheese (v)

Vanilla Ice Cream with Fresh Fruit Wedges



Tuesday

Roast Pork with Mash and Stuffing

Sausage and Mash (v)

Halal Roast Chicken with Mash and Stuffing

Tuna Sandwich (v)

Carrot Cake Bites with Fresh Fruit Wedges

AVAILABLE DAILY YOGHURTS AND

Fresh Fruit

MENUS ARE SUBJECT TO AVAILABILITY



Chicken and Mozzarella Pasta Bake

Pizza Parcel served with Chips (v)

Halal Chicken and Mozzarella Pasta Bake

Jacket Potato with Cheesy Coleslaw (v)

Apple Crumble Cake with Roselle

RED TRACTOR STANDARDS





THURSDAY

Roast Beef with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Grill with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Halal Roast Beef with Yorkshire Pudding, Mashed and Roast Potatoes

Hot Roast Baguette

Fruit Jelly with Fresh Fruit Wedges



FRIDAY

Fish Goujons served with Jacket Wedges

Homemade Sausage Roll served with Jacket Wedges (v)

Fish Goujons served with Jacket Wedges

Jacket Potato with Baked Beans (v)

Chocolate and Pear Brownie







Shadwell Primary

Week 2

W/C - 09/09/19, 30/09/19, 21/10/19, 18/11/19, 09/12/19, 13/01/20, 03/02/20

MONDAY

Pork Sausage Bap with Jacket Wedges

Curry with Rice (v)

Curry with Rice (v)

Jacket Potato with Tuna

Ice cream with Peaches



YOUR MENU

Tuesday

Chicken Curry with Naan

Spaghetti Bolognaise (v)

Halal Chicken Curry with Naan

Egg Mayonnaise Sandwich (v)

Apple Flapjack Bite served with Fresh Fruit Wedges

AVAILABLE DAILY YOGHURTS AND Fresh Fruit

MENUS ARE SUBJECT To avail ability



Beef Lasagne

Burger in a Bun with Jacket Wedges (v)

Halal Chilli Boats with Rice

Jacket Potato with Cheese (v)

Garlic Bread

RED TRACTOR STANDARDS



Seasonal local produce USED WHEREVER POSSIBLE

THURSDAY

Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Halal Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Hot Roast Baguette

Apricot Shortbread with Melon Wedges



FRIDAY

Crispy Salmon Fillet with Herby Diced Potatoes

Golden Crispy Nuggets with Herby Diced Potatoes (v)

Crispy Salmon Fillet with Herby Diced Potatoes

Jacket Potato with Baked Beans (v)

Custard Cream Cupcake







Shadwell Primary



W/C – 16/09/19, 07/10/19, 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20

MONDAY

Sweet and Sour Chicken served with Rice

Two Cheese Omelette with Crusty Bread (v)

Sweet and Sour Halal Chicken with Rice

Jacket Potato with Baked Beans (v)

Cheese and Crackers served with Apple Wedges and Grapes_____



MOUR MENU

Tuesday

Minced Beef with Pastry Topping and Mashed Potato

Sausage and Baked Bean Pie with a Mashed Potato Topping (v)

Halal Minced Beef with Pastry Topping and Mashed Potato

Cheese Bap (v)

Fruit Jelly served with Fresh Fruit Salad

AVAILABLE DAILY YOGHURTS

Fresh Fruit

MENUS ARE SUBJECT To avail ability



Ham Pizza with Jacket Wedges

Lasagne (v)

Lasagne (v)

Jacket Potato with Tuna

Rice Pudding with Mixed Berry Puree

RED TRACTOR STANDARDS



Seasonal Local Produce USED WHEREVER POSSIBLE

THURSDAY

Roast Turkey with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Halal Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Hot Roast Baguette

Ice Cream with Fresh Fruit Wedges



FRIDAY

Fish and Chips

Meatballs in a Tomato and Basil Sauce with Chips (v)

Fish and Chips

Jacket Potato with Cheese (v)

Chocolate Orange Cake





