

# YOUR MENU

**Shadwell  
Primary**

*Week 1*

W/C - 6/9/21, 27/9/21,  
18/10/21, 15/11/21, 6/12/21,  
10/1/22, 31/1/22

## MONDAY

Chicken Curry with Rice

Cheesy Bean Slice with  
Jacket Wedges (v)

Egg Mayonnaise Sandwich  
(v)

Jacket Potato with Cheese  
and Salad (v)

Apple Sponge with Ice  
Cream

## Tuesday

Hot Pork Baguette with  
Stuffing, Apple Sauce and  
Baby Baked Potatoes

Shepherd's Pie (ve)

Chicken and Sweetcorn  
Wrap

Jacket Potato with Tuna

Ice Cream with Fresh Fruit  
Salad

**AVAILABLE DAILY  
YOGHURTS  
AND  
Fresh Fruit**

MENUS ARE SUBJECT  
TO AVAILABILITY



## Wednesday

Pasta Bolognaise

Vegan Sausage Roll with  
Jacket Wedges (ve)

Wholemeal Cheese  
Sandwich (v)

Jacket Potato with BBQ  
Chicken

Banana Oaty Slice with  
Fresh Fruit Wedges

RED TRACTOR STANDARDS



## THURSDAY

Roast Chicken with Yorkshire  
Pudding, Mashed and Roast  
Potatoes

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

Hot Roast Baguette

Fruit Jelly with Fresh Fruit  
Salad



(v) = vegetarian  
(ve) = vegan

## FRIDAY

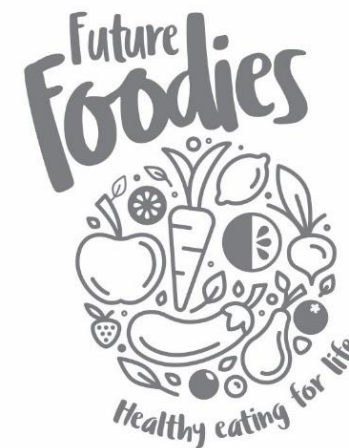
Lemon Sole Bites with  
Chips

Cheese Omelette with  
Chips (v)

Tuna Sandwich

Jacket Potato with Cheesy  
Baked Beans (v)

Chocolate Fudge Yoghurt  
Cake



# YOUR MENU

(v) = vegetarian

(ve) = vegan

**Shadwell  
Primary**

*Week 2*

W/C – 13/9/21, 4/10/21,  
1/11/21, 22/11/21,  
13/12/21, 17/1/22, 7/2/22

## MONDAY

Chicken Pasta Bake

BBQ Chicken-Style Wrap  
with Jacket Wedges (ve)

Cheese Bap (v)

Jacket Potato with Boston  
Baked Beans (ve)

Flapjack with Fresh Fruit  
Wedges

## Tuesday

Herby Diced Cottage Pie

Veggie Feast French Bread  
Pizza (v)

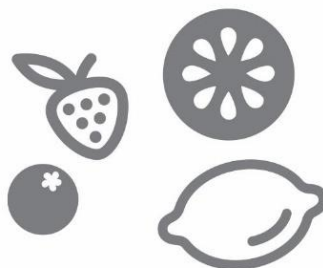
Wholemeal Tuna  
Sandwich

Jacket Potato with Chicken  
and Sweetcorn Filling

Ice Cream

**AVAILABLE DAILY  
YOGHURTS  
AND  
Fresh Fruit**

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## Wednesday

Chicken Curry with Rice

Creamy Cauliflower Pasta  
Bake (v)

Savoury Cheese Wrap (v)

Jacket Potato with Tuna

Ginger Cookie with Apple  
Wedges

RED TRACTOR STANDARDS



## THURSDAY

Roast Beef with Yorkshire  
Pudding, Mashed and Roast  
Potatoes

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

Hot Roast Baguette

Jelly with Fresh Fruit Salad



## FRIDAY

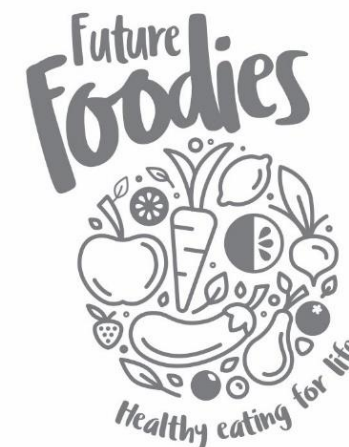
Crispy Salmon Fillet with  
Jacket Wedges

Vegetable Nugget Wrap  
with Jacket Wedges (ve)

Egg Mayonnaise Bap (v)

Jacket Potato with Cheese  
and Salad (v)

Chocolate Crispy Slice



# YOUR MENU

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(ve) = vegan

**Shadwell  
Primary**

*Week 3*

W/C – 20/9/21, 11/10/21,  
8/11/21, 29/11/21, 3/1/22,  
24/1/21, 14/2/22

## MONDAY

Tortilla Pizza with Jacket  
Wedges (v)

Burger in a Bun with Relish  
and Herby Diced Potatoes  
(v)

Wholemeal Cheese  
Sandwich (v)

Jacket Potato with Five  
Bean Chilli (ve)

Marble Sponge Traybake

## Tuesday

Lasagne with Crusty Bread

Curry with Rice (v)

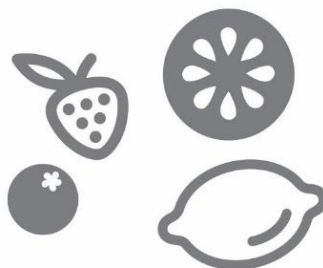
Tuna Wrap

Jacket Potato with Cheese  
and Coleslaw (v)

Oat Cookie with Fresh  
Fruit Wedges

**AVAILABLE DAILY  
YOGHURTS  
AND  
Fresh Fruit**

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## Wednesday

Chicken Casserole with  
Dumplings

Super Five Pasta Bake (v)

Cheese Bap (v)

Jacket Potato with Tuna

Strawberry Mousse with  
Fresh Fruit Salad

RED TRACTOR STANDARDS



## THURSDAY

Roast Pork with Yorkshire  
Pudding, Mashed and Roast  
Potatoes

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

Hot Roast Baguette

Cheese and Crackers with  
Apple Wedges and Grapes



## FRIDAY

Fish Fingers Sandwich with  
Jacket Wedges

Herby Savoury Slice with  
Jacket Wedges (ve)

Egg Mayonnaise Sandwich  
(v)

Jacket Potato with Cheese  
and Salad (v)

Pancakes with Berries and  
Yoghurt

