

Week 1: Primary



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Homemade Beef Lasagne	Turkey & Vegetable Pie (using 1/2 wholemeal flour in pastry)	Chinese Pork	Roast Chicken with Stuffing	Breaded White Fish Fillet
Vegetarian	Bean Loaf Slice	Quorn Lasagne	Chick Pea & Lentil Korma	Quorn & Mushroom Stroganoff	Roasted Pepper, Tomato & Basil Tart
Starch Items	Garlic Bread	Mashed Potato	50/50 White & Wholegrain Rice	Simply Potato Roasts <small>McCain Simply Alternatives range are prepared without oil</small>	Chips
Vegetable Option 1	Peas	Cabbage	Sweetcorn	Broccoli	Peas
Vegetable Option 2	Coleslaw	Sliced Green Beans	Sliced Courgette	Carrots	Baked Beans
Daily Option	Bread Salad Bar <small>Tempt pupils with a well-presented, colourful salad bar</small>	Bread Salad Bar	Bread Salad Bar <small>Bread with no added fat or oil should be available every day</small>	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Frozen Yogurt and/or Fresh Pineapple	Yogurt and/or Watermelon	Yogurt and/or Green Grapes	Frozen Yogurt with Peaches (50% fruit)	Yogurt and/or Oranges
Dessert Option 2	Lemon Sponge with Custard	Orange Flavour Jelly with Mandarins	Apple & Rhubarb Crumble with Custard <small>Make sure your recipe contains 50% fruit</small>	Chocolate Flavour Mousse & Biscuit	Raspberry Ripple Flavour Ice Cream Roll

40-60g is the recommended portion size for vegetables

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



Week 2: Primary



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



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken & Sweetcorn Pasta	Baked Pork Sausages with Onion Gravy	Turkey Tikka Curry	Roast Beef & Yorkshire Pudding	Homemade Salmon & Ketchup Fishcake
Vegetarian	Vegetable Frittata <i>Pulses are a great source of protein - dairy free too!</i>	Aubergine & Lentil Casserole	Bean & Vegetable Sweet & Sour	Veggie Sausage with Onion Gravy	Cheese Flan
Starch Items	Wholemeal Pitta Bread	Mashed Potato	50/50 White & Wholegrain Rice <i>Use wholegrain options where possible</i>	Simply Potato Roasts <i>McCain Simply Alternatives range are prepared without oil</i>	Chips
Vegetable Option 1	Carrots	Sweetcorn	Cauliflower	Mashed Swede	Peas
Vegetable Option 2	Broccoli	Green Cabbage	Carrots	Green Beans	Baked Beans
Daily Option	Bread Salad Bar <i>Bread with no added fat or oil should be available every day</i>	Bread Salad Bar	Bread Salad Bar	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt with Peaches (50% fruit)	Yogurt and/or Green Grapes	Yogurt and/or Honeydew Melon	Frozen Yogurt and/or Oranges
Dessert Option 2	Jam Sponge with Custard	Cocoa Beetroot Brownie <i>Our hidden-goodness desserts are tried, tested and loved in schools!</i>	Peach & Cherry Crumble with Custard <i>Make sure your recipe contains 50% fruit</i>	Apple Pie with Custard	Parsnip & Coconut Flapjack <i>Parsnips are naturally sweet - great in this hidden-goodness flapjack</i>

40-60g is the recommended portion size for vegetables



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



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Week 3: Primary



33746 - the ultimate non-fried MSC fish finger



60-90g of white fish is the recommended portion size for 4-10 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beef Bolognese with Wholemeal Pasta	Chicken Fajita	Margarita Pizza	Roast Loin of Pork with Apple Stuffing	Whitefish Fish Fingers
Vegetarian	Aubergine & Lentil Casserole	Cherry Tomato & Pepper Quiche	Vegetable Chilli	Quorn Cottage Pie	Macaroni Cheese
Starch Items	Breadsticks	50/50 White & Wholegrain Rice	1/2 Jacket Potato	Simply Potato Roasts <small>McCain Simply Alternatives</small>	Chips <small>Don't forget that food cooked in fat or oil should be served on no more than 2 days each week</small>
Vegetable Option 1	Sweetcorn <small>Slice up mini corn on the cobs and call them 'Corn Wheels' for something a little bit different!</small>	Corn Wheels	Baked Beans	Parsnips	Peas
Vegetable Option 2	Carrots	Peas	Coleslaw	Broccoli	Baked Beans
Daily Option	Bread Salad Bar	Bread Salad Bar	Bread <small>Bread with no added fat or oil should be available every day</small> Salad Bar	Bread Salad Bar	Bread Salad Bar
Dessert Option 1	Yogurt and/or Pineapple	Frozen Yogurt and/or Watermelon	Yogurt and/or Green Grapes	Frozen Yogurt and/or Honeydew Melon	Yogurt and/or Oranges
Dessert Option 2	Cocoa Courgette Cake with Custard <small>Desserts can't contain chocolate or confectionary so our recipe uses cocoa instead</small>	Fruit Salad (100%) <small>A colourful fruit salad can be a tempting, healthy dessert option</small>	Blueberry Pancakes with Ice Cream <small>Blueberries are a great source of vitamins and minerals - really tasty too!</small>	Coconut Rice Pudding	Carrot Cake

We can recommend seasonal veg and help you source it from our specialist suppliers

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