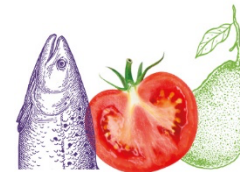


# Primary Lunch Menu



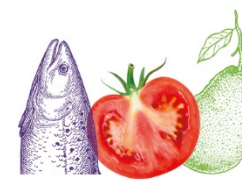
| Week 1  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|--|---|--|--|--|
| <b>Main Meal</b><br>We provide a variety of seasonal hot and cold dishes for children to freely choose from | Creamy Butternut Squash Wholemeal Pasta Served with Freshly Baked Garlic Bread | Vegetable Korma Curry served with Basmati Rice & Naan Bread | Homemade Wholemeal Pizza with a variety of toppings served with baked wedges | “Toad in the Hole” Homemade Yorkshire Pudding with Veggie Sausage, Buttery Mash Potato, Onion Gravy with Spring Greens | Freshly Battered Crispy Cod With Homemade Chips, Mushy Peas & Lemon Wedges |
| <b>Alternative</b><br>Jacket potatoes with tuna and other fillings available daily                          | Fluffy Jacket Potatoes with Choice of Cheese, Tuna, or Baked Beans             | Feta & Roasted Red Pepper Quiche with House Salad           | Egg Fried Rice packed with Seasonal Vegetables and Herbs                     | Chef’s Macaroni Cheese with Crispy Cheese Topping  | Quorn nuggets served in a Brioche with a choice of Sauces                  |
| <b>Homemade Soup</b>  | Roasted Red Pepper & Tomato Soup   | Chefs Choice  | Minestrone with Orzo Pasta   | Chef’s Choice  | Tomato Soup  |
| <b>Starchy Food</b><br>Various bread choices available  | Bread, Pasta   | Rice, Bread   | Bread, Rice  | Potato   | Potato, Bread  |
| <b>Vegetables</b><br>Salad Bar with Hummus  | Salad Selection with Homemade Crunchy Slaw                                     | Salad Selection   | House Salads with Dressing   | Cherry Tomato, Sweetcorn & Baby Beetroots  | Homemade Tartar Sauce  |
| <b>Dessert</b><br>Fresh fruit, selection of low-fat yoghurts  | Homemade Freshly Baked Shortbread  | Seasonal Fruit Crumble with Homemade Custard                | Mini Chocolate Muffins   | Watermelon Wedges Creamy Yogurts   | Creamy Homemade Cheesecake with Fresh Fruit                                |

**Ask for daily chef specials**

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

Food For Thought is a not-for-profit school meals company owned by it’s partner schools. Any surplus is reinvested in the company or returned to its member schools.

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and homemade puddings  
available every lunch time

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