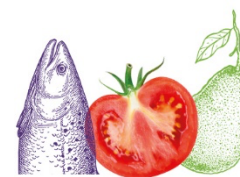


# Primary Lunch Menu



Week beginning 19<sup>th</sup> June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Lentil Dahl	Crispy Tofu Schnitzel	BBQ Quorn Chicken and Chips	Halloumi Kebabs	Homemade Pizza
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Welsh Rarebit on Sourdough	Meatball Enchiladas	Falafel Pittas	Quorn Tikka Masala and Rice	Fish Fingers and Chips
<b>Homemade Soup</b>	Chef's Choice	Sweet Potato	Chef's Choice	Chef's Choice	Chef's Choice
<b>Starchy Food</b> Various bread choices available	Bread	Tortilla	Potato	Rice	Bread
<b>Vegetables</b> Salad Bar with Hummus	Cauliflower	Red Pepper	Mixed Salad	Roast Veg	Garden Peas
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Chocolate Cornflake Cake	Sticky Toffee Pudding	Watermelon and Creamy Yoghurts	Chocolate and Almond Cake	Homemade Doughnuts

**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 its partner schools. Any surplus is reinvested in the company or returned to its member schools.