

PRIMARY MENU



Week 2 w/c 13th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
Main Meal	Tomato and Basil Pasta Bake with Garlic Bread	Spanish Chicken with Wholemeal Rice and Green Beans	Veggie Sausage and Mash	Meatball Sub with Salad and Tortilla Chips	Battered Fish and Chips with Minted Mushy Peas
Meat Free Main Meal	Falafel Pitas	Roasted Red Pepper, Cheese and Tomato Quiche	Macaroni Cheese with Peas	Vegetable and Cheese Quesadillas	Vegetable Curry and Rice
Side Dish	Wholemeal Pasta	Wholemeal Rice	Mash	Bread	Chips
Vegetable	Carrots	Green Beans	Peas	Tomatoes and Cucumber	Minted mushy Peas
Dessert	Fresh Fruit Salad/Yoghurt	Fresh Fruit	Apple and Oat Crumble	Vanilla Sponge and Custard/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY MENU



Week 3 w/c 20th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Leek and Potato	Red Pepper Soup	Tomato and Basil	Chef Choice
Main Meal	Cheesy Beans Pasta Bake	Chicken Fajita	Chicken Roast Dinner with Seasonal Veg and Roast Potatoes	Wholemeal Spaghetti Bolognese with Salad and Garlic Bread	Fish Cake or Fish Fingers with Chips and Mushy Peas
Meat Free Main Meal	Tomato and Cheese Quiche with Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Vegetarian Sausage Toasties	Tandoori Salmon with Pitta Bread
Side Dish	Wholemeal Pasta	Potatoes	Roast Potatoes	Wholemeal Spaghetti	Chips/Pitta Bread
Vegetable	Salad	Carrots	Cabbage	Tomatoes	Mushy Peas
Dessert	Sponge Cake and Custard/Fresh Fruit	Ginger Biscuits/Fresh Fruit	Fresh Fruit Salad/Yoghurt	Fresh Fruit Trifle/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

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Week 4 w/c 27th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Carrot and Corriander	Pea	Red Pepper Soup	Chef Choice	Chef Choice
Main Meal	Wholemeal Pizza and Wedges	Chicken Katsu Curry and Rice	Carbonara Penne Pasta Bake with Garlic Bread	Grilled Chicken with New Potatoes	Battered Fish and Chips with Beans
Meat Free Main Meal	Broccoli and Cream Cheese Pasta Bake	Spanish Omelette with Salad	Vegetable and Rice Enchiladas	Quorn Stovies	Veggie Sausage Rolls
Side Dish	Wedges	Rice	Pasta	Potatoes	Chips
Vegetable	Peppers	Peas and Sweetcorn	Tomatoes	Peas	Baked Beans
Dessert	Fresh Fruit Salad	German Apple Cake/Fresh Fruit	Sticky Toffee Pudding/Yoghurt	Shortbread/Fresh Fruit	Rich 'chocolate' cookies/Yoghurt
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY MENU



Week 5 w/c 4th Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Chinese Sweetcorn	Chef Choice	Broccoli and Cheddar	Chef Choice
Main Meal	Tomato and Basil Pasta	Spaghetti and Meatballs	Veggie sausage and Mash with Peas	Chicken Curry with Wholemeal Rice and Onion Bhajis	Battered Fish and Chips with Minted Mushy Peas
Meat Free Main Meal	Vegetable Biryani	Cheese and Tomato Panini	Macroni Cheese	Cheese and Red Onion Quiche	Homemade Chip Shop Curry Sauce with Rice
Side Dish	Wholemeal Pasta	Wholemeal Spaghetti	Mash	Wholemeal Rice	Chips
Vegetable	Peppers	Tomatoes	Peas	Onions	Mushy Peas
Dessert	Apple and Oat Crumble/Fresh Fruit	Homemade Rice Pudding with Strawberry Jam/Fresh Fruit	Iced Sponge Cake with Custard/Fresh Fruit	Yoghurt/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY LUNCH MENU



Week 5 w/c 11th Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Main Meal	Vegan Ravioli in Tomato Sauce with Crusty Bread	All Day Breakfast	Chicken Tikka Curry with Wholegrain Rice and Mango Chutney	Cottage Pie	Fish Fingers with Chips and Garden Peas
Meat Free Main Meal	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable and Lentil Stew	Vegetable Quesadillas	Veggie Sausage Roll
Side Dish	Crusty Bread	Toast	Wholegrain Rice	Mash	Chips
Vegetable	Tomatoes	Mushrooms	Green Beans	Peas and Carrots	Garden Peas
Dessert	Fresh Fruit Salad	Shortbread Fresh Fruit	Sponge Cake with Jam and Whipped Cream/Yoghurt	Apple Flapjacks/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

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Week 7 w/c 18 th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Roasted Vegetable	PARTY FOOD	
Main Meal	Vegetable Spaghetti Bolognese with Garlic Bread	Chicken Casserole	Christmas Dinner: Roast Chicken, Roast Potatoes, Stuffing, Sprouts, Carrots and Turnips		
Meat Free Main Meal	Cheese on Toast	Vegetable and Cheese Omelette	Vegetarian Christmas Dinner		
Side Dish	Wholemeal Spaghetti	Potatoes	Potatoes		
Vegetable	Tomatoes	Onions	Sprouts, Carrots, Turnip		
Dessert	'Chocolate' Fudge Cake/Fresh Fruit	Oat Cookies/Fresh Fruit	Christmas Tree Ice Creams		
Jacket Potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurts available daily		Ask chef about the Daily Special			Please speak to a member of school staff about any dietary requirements



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