

# PRIMARY MENU



<b>Week 3 w/c 20<sup>th</sup> Nov</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the Day</b>	Chef Choice	Leek and Potato	Red Pepper Soup	Tomato and Basil	Chef Choice
<b>Main Meal</b>	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
<b>Meat Free Main Meal</b>	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
<b>Side Dish</b>	Wholemeal Pasta	Potatoes	Roast Potatoes	Wholemeal Spaghetti	Chips/Pitta Bread
<b>Vegetable</b>	Salad	Carrots	Cabbage	Tomatoes	Mushy Peas
<b>Dessert</b>	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, a selection of sandwiches, 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



<b>Week 4 w/c 27<sup>th</sup> Nov</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the Day</b>	Carrot and Corriander	Pea	Red Pepper Soup	Chef Choice	Chef Choice
<b>Main Meal</b>	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
<b>Meat Free Main Meal</b>	Broccoli and Cream Cheese Pasta Bake	Spanish Omelette with Salad	Vegetable and Rice Enchiladas	Quorn Stovies	Veggie Sausage Rolls
<b>Side Dish</b>	Wedges	Rice	Pasta	Potatoes	Chips
<b>Vegetable</b>	Peppers	Peas and Sweetcorn	Tomatoes	Peas	Baked Beans
<b>Dessert</b>	Fresh Fruit Salad	Flapjacks/Fresh Fruit	Sticky Toffee Pudding/Yoghurt	Shortbread/Fresh Fruit	Chocolate Cookies
Jacket Potatoes with tuna, cheese or beans, a selection of sandwiches, 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



<b>Week 5 w/c 4<sup>th</sup> Dec</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the Day</b>	Chef Choice	Chef Choice	Chef Choice	Broccoli and Cheddar	Chef Choice
<b>Main Meal</b>	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
<b>Meat Free Main Meal</b>	Vegetable Biryani	Cheese and Tomato Panini	Macroni Cheese	Cheese and Red Onion Quiche	Homemade Chip Shop Curry Sauce with Rice
<b>Side Dish</b>	Wholemeal Pasta	Wholemeal Spaghetti	Mash	Wholemeal Rice	Chips
<b>Vegetable</b>	Peppers	Tomatoes	Peas	Onions	Mushy Peas
<b>Dessert</b>	Apple and Oat Crumble/Fresh Fruit	Biscuits/Fresh Fruit	Iced Sponge Cake with Custard/Fresh Fruit	Yoghurt/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, a selection of sandwiches, 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



<b>Week 5 w/c 11<sup>th</sup> Dec</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup of the Day</b>	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chefs Choice
<b>Main Meal</b>	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
<b>Meat Free Main Meal</b>	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable and Lentil Stew	Vegetable Quesadillas	Veggie Sausage Roll
<b>Side Dish</b>	Crusty Bread	Toast	Wholegrain Rice	Mash	Chips
<b>Vegetable</b>	Tomatoes	Mushrooms	Green Beans	Peas and Carrots	Garden Peas
<b>Dessert</b>	Fresh Fruit Salad	Shortbread Fresh Fruit	Sponge Cake with Whipped Cream/Yoghurt	Apple Flapjacks/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, a selection of sandwiches, 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 7 w/c 18 <sup>th</sup> Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Roasted Vegetable	<b>PARTY FOOD</b>	
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	Flapjacks/Fresh Fruit	Christmas Tree Ice Creams		
Jacket Potatoes with tuna, cheese or beans, a selection of sandwiches, 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