

PRIMARY LUNCH MENU



Week 1 w/c 8 th January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	INSET DAY	Chef Choice	Broccoli and Cheddar	Chef Choice	N/A
Main Meal		Homemade Chicken Korma with Wholegrain Rice	Sausage and Mash with Gravy	Chicken Enchiladas	Fish Fingers with Chips and Garden Peas
Meat Free Main Meal		Macaroni Cheese	Vegetable and Lentil Stew	Egg Fried Rice	Veggie Sausage Roll
Side Dish		Wholegrain Rice	Mash	Wraps	Chips
Vegetable		Green Beans	Peas	Tomato	Garden Peas
Dessert		Apple Flapjacks	Sponge Cake with Custard	Apple Flapjacks/Fresh Fruit	Cheese and Crackers/Yoghurt
Jacket Potatoes with tuna, cheese or beans, and a selection of sandwiches available Monday- Friday. Salad, vegetables and fresh fruit available daily.		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY LUNCH MENU



Week 2 w/c 15 th January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	N/A
Main Meal	Tomato and Basil Pasta	Chicken roast dinner with seasonal vegetables and potatoes	Scouse with Crusty Bread and Pickled Beetroot	Chef Choice	Fish fingers with chips and garden peas
Meat Free Main Meal	Cheese and onion pie with carrots and peas	Vegetarian chili with rice	Pesto Pasta	Chef Choice	Chicken burger in a bun with chips
Side Dish	Wholemeal Pasta	Potatoes	Crusty Bread	Chef Choice	Chips
Vegetable	Tomatoes, peas and carrots	Seasonal vegetables	Red peppers and beetroot	Chef Choice	Garden Peas
Dessert	Fresh Fruit/Yoghurt	Eton Mess	Pineapple Sponge Cake	Chef Choice	Cheese and Crackers/Popcorn
Jacket Potatoes with tuna, cheese or beans, and a selection of sandwiches available Monday- Friday. Salad, vegetables and fresh fruit available daily.		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY LUNCH MENU



Week 3 w/c 22nd January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Leek and Potato	Red Pepper Soup	Tomato and Basil	N/A
Main Meal	Cheesy beans pasta bake	Creamy chicken pie	Chicken chilli tacos with tortilla chips	Spaghetti Bolognese with salad and garlic bread	Fish cake or fish fingers and mushy peas
Meat Free Main Meal	Cherry tomato and cheese flatbread	Asian noodles	Macaroni cheese	Vegetable sausage baguette	Meat free roll
Side Dish	Wholemeal pasta	Potatoes	Wraps	Wholemeal Spaghetti	Chips
Vegetable	Tomatoes	Carrots	Green beans	Tomatoes	Mushy peas
Dessert	Sponge cake and custard	Ginger biscuits	Fresh fruit	Fresh fruit trifle	Cheese and crackers
Jacket Potatoes with tuna, cheese or beans, and a selection of sandwiches available Monday- Friday. Salad, vegetables and fresh fruit available daily.		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	

PRIMARY LUNCH MENU



Week 4 w/c 29th January	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and basil	Broccoli and Cheddar	Chef Choice	N/A
Main Meal	Vegan Ravioli in Tomato Sauce with Crusty Bread	All Day Breakfast	Chinese chicken curry with rice and prawn crackers	Homemade cottage pie with peas and carrots	Fish Fingers with Chips and Garden Peas
Meat Free Main Meal	Spanish rice	Stuffed roasted red peppers	Vegetable and Lentil Stew	Vegetable Quesadillas	Cod goujons
Side Dish	Pasta	Toast	Wholegrain Rice	Mash	Chips
Vegetable	Tomatoes	Sweetcorn	Tenderstem broccoli	Carrots	Garden peas
Dessert	Fresh fruit and yoghurts	Shortbread biscuits	Sponge cake and whipped cream	Apple flapjacks	Cheese and crackers
Jacket Potatoes with tuna, cheese or beans, and a selection of sandwiches available Monday- Friday. Salad, vegetables and fresh fruit available daily.		Ask chef about the Daily Special		Please speak to a member of school staff about any dietary requirements	