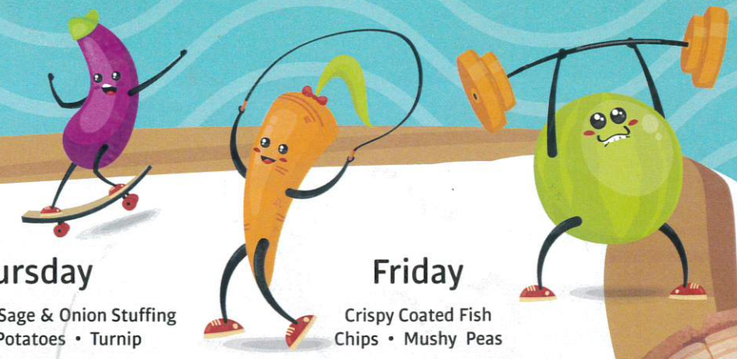
Primary School Lunch Menu



"Take care of your body – it's the only place you have to live"

week one

7 September 20 - 28 September 20
19 October 20 - 16 November 20
7 December 20 - 11 January 21
1 February 21- 1 March 21
22 March 21 - 26 April 21
17 May 21 - 14 June 21
5 July 21

Monday

Chicken & Vegetable Pie
Creamed Potatoes • Broccoli

Quorn Frankfurter (V) or Classic Hot Dog
Seasoned Potato Wedges
Wholemeal Spaghetti Hoops
in Tomato Sauce

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Frozen Yoghurt or Fresh Fruit

Tuesday

Savoury Beef Mince with Dumpling
Carrot & Swede Mash • Cauliflower

Cheese Omelette (V) • Hash Browns
Baked Beans

Ham Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Sticky Orange Sponge • Custard

Wednesday

Homemade Cheese & Tomato Pizza (V)
Country Diced Potatoes
Sweetcorn

Quorn Keema Curry (V) • Savoury Rice
Broccoli

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Apple Crumble Muffin

Thursday

Roast Pork with Sage & Onion Stuffing
Oven Roast Potatoes • Turnip

Homemade Tomato Soup (V)
Focaccia Bread

Tuna Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Yoghurt

Friday

Crispy Coated Fish
Chips • Mushy Peas

Spaghetti Napoli (V) • Garlic Bread
Sweetcorn

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fruity Flapjack • Custard



week two

14 September 20 - 5 October 20
2 November 20 - 23 November 20
14 December 20 - 18 January 21
8 February 21 - 8 March 21
29 March 21 - 3 May 21
24 May 21- 21 June 21
12 July 21

Monday

Quorn Style Dippers with Tomato Relish (V)
Chips • Garden Peas

Homemade Roasted Vegetable Pizza (V)
Chips • Garden Peas

Egg and Cress Sandwich (V)

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Chocolate Brownie • Chocolate Sauce

Tuesday

Baked Pork Sausage
with Yorkshire Pudding
Creamed Potatoes
Spring Cabbage

Tuna Pasta Bake
Garlic and Herb Bread • Sweetcorn

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Frozen Strawberry Mousse

Wednesday

Beef Burger or Quorn Burger (V)
Sweet Potato Fries • Coleslaw

Quorn & Vegetable Pie (V)
Creamed Potatoes • Turnip

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Chilled Yoghurt
or Fresh Fruit Salad

Thursday

Roast Turkey & Sage and Onion Stuffing
Oven Roast Potatoes • Carrots

Quorn Korma (V)
Steamed Rice • Naan Bread
Minted Apple and Cucumber Salad

Cheese Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Iced Sponge • Custard

Friday

Cod Fishcake
Seasoned Wedges • Baked Beans

Quorn Kofta with Mint Raita
in Pitta Pocket (V)
Savoury Vegetable Rice

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Selection
or Frozen Yoghurt



week three

21 September 20 - 12 October 20
9 November 20 - 30 November 20
4 January 21 - 25 January 21
22 February 21 - 15 March 21
19 April 21 - 10 May 21
7 June 21 - 28 June 21
19 July 21

Monday

Meatballs in Tomato & Herb Sauce
Pasta Twists • Garlic & Herb Bread
Sweetcorn

Cheese Roll (V)
Country Diced Potatoes • Baked Beans

Ham & Tomato Baguette

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Lemon Drizzle Cake • Custard

Tuesday

BBQ Chicken Grill
Seasoned Wedges • Garden Peas

Quorn & Lentil Jalfrezi (V)
Steamed Rice • Naan Bread

Tomato & Onion Salad

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Mixed Fruit Cookie

Wednesday

Turkey Cobbler
New Potatoes • Broccoli

Vegetable Nuggets (V) with Garlic Mayo
Seasoned Potato Wedges
Wholemeal Spaghetti Hoops

Cheese Savoury Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Shortbread • Custard

Thursday

Roast Beef with Yorkshire Pudding
Oven Roast Potatoes • Savoy Cabbage

Homemade Cheese & Tomato Pizza (V)
Oven Roast Potatoes
Coleslaw

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Ice Cream Tub

Friday

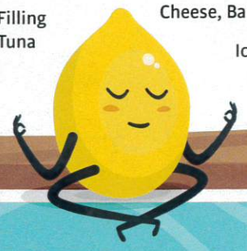
Cod Fish Fingers or Salmon Fish Fingers
Chips • Beetroot

Quorn Sausage Roll (V)
Chips • Baked Beans

Tuna Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Chilled Yoghurt



"Drinking water helps you look and feel your best"

Available daily: salad bar, selection of fresh bread and rolls.
Choice of drinks - fruit juice drink, reduced fat milk, chilled drinking water. Fresh fruit selection, yoghurt and cheese and biscuits.
(V) Suitable for vegetarians.

September 2020 - July 2021

Red Tractor Assurance

Newcastle City Council