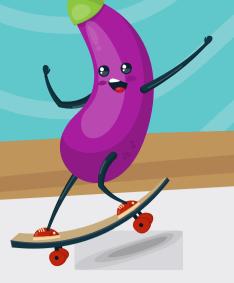
Primary School Lunch Menu



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

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 one

2 September 19 · 23 September 19 14 October 19 • 11 November 19 2 December 19 · 6 January 20 27 January 20 • 24 February 20 16 March 20 • 20 April 20 11 May 20 • 8 June 20

29 June 20

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 two

9 September 19 · 30 September 19 21 October 19 · 18 November 19 9 December 19 · 13 January 20 3 February 20 · 2 March 20 23 March 20 • 27 April 20 18 May 20 • 15 June 20 6 July 20

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

week three

16 September 19 • 7 October 19 4 November 19 · 25 November 19 16 December 19 · 20 January 20 10 February 20 • 9 March 20 30 March 20 • 4 May 20 1 June 20 • 22 June 20

13 July 20

Fresh Fruit Salad or Chilled Yoghurt

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.

"Drinking water helps you look and feel your best"

September 2019 - July 2020











